

”If you look to the places where worry, self-doubt, and imposterism show show up most for you, what you’ll find in that very same spot is what matters to you.”



Jill Stoddard, PhD

Speaker / Author / Podcaster / Clinical Psychologist

jas@jillstoddard.com

858.926.9922

www.jillstoddard.com

Sharing science-backed ideas from psychology to help people thrive in their relationships, work, and health



Jill Stoddard, PhD

Speaker | Author | Podcaster
Clinical Psychologist

About Me

I'm a speaker, author, podcaster, and clinical psychologist who shares science-backed ideas from psychology to help people flourish in their relationships, work, and health. I deliver keynotes and workshops for top organizations around the world and teach applied skills to help individuals and organizations thrive.

Topics

- **Overcoming Imposter “Syndrome”**
- **Managing Stress & Anxiety**
- **Values-based Decision Making**
- **Wrangling the Inner Critic**
- **Get Comfortable Being Uncomfortable**
- **Compassion & Self-Compassion**
- **Acceptance & Commitment Therapy/Psychological Flexibility**
- **Cognitive Behavioral Therapy/Exposure Therapy**

Select Past Clients



Testimonial

“Dr. Jill Stoddard is an inspiration in so many ways. A wonderful author, a brilliant therapist, a captivating speaker, and an extraordinary woman. She is one of the most authentic, brave, and competent people I know. Her knowledge is huge and she simply is one of a kind. My warmest recommendations!”

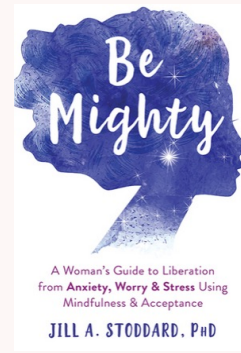
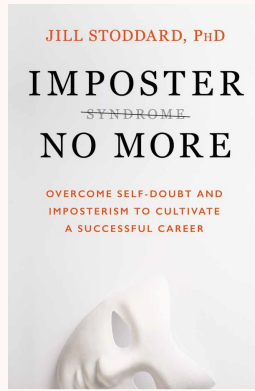
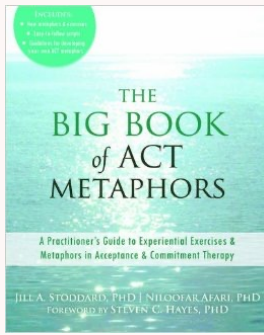
About Jill

SPEAKER, AUTHOR, PODCASTER,
PSYCHOLOGIST

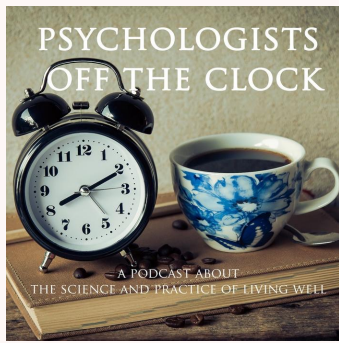


Jill Stoddard is passionate about sharing science-backed ideas from psychology to help people thrive. She is a speaker, writer, award-winning teacher, peer-reviewed ACT trainer, and co-host of the popular Psychologists Off the Clock podcast. Dr. Stoddard is the founder and director of The Center for Stress and Anxiety Management, an outpatient practice specializing in evidence-based treatment for anxiety and related issues. She received her Ph.D. in clinical psychology from Boston University where she trained at the highly regarded Center for Anxiety and Related Disorders under the mentorship of Dr. David Barlow and Dr. Stefan Hofmann. She completed an APA accredited internship and post-doctoral fellowship at the University of California San Diego School of Medicine. She has expertise in Acceptance and Commitment Therapy and Cognitive Behavioral Therapy. Dr. Stoddard is the author of three books, [The Big Book of ACT Metaphors: A Practitioner's Guide to Experiential Exercises and Metaphors in Acceptance and Commitment Therapy](#), [Be Mighty: A Woman's Guide to Liberation from Anxiety, Worry, and Stress Using Mindfulness and Acceptance](#), and [Imposter No More: Overcome Self Doubt and Imposterism to Cultivate a Successful Career](#). Her writing has also appeared in the Washington Post, Thrive Global, Scary Mommy, Psychology Today, The Good Mean Project, and Mindful Return. She regularly appears on podcasts and as an expert source for various media outlets. When she is not seeing clients, writing, speaking, or podcasting, you can find her reading, doing yoga and Pilates, or spending quality time with her friends and family, including her very disobedient French Bulldog, Biggie Smalls. You can learn more about her at www.jillstoddard.com

Jill's Books



Jill's Podcast



- Top .05% globally
- 85K downloads per month
- Over 4 million downloads

Select Clients



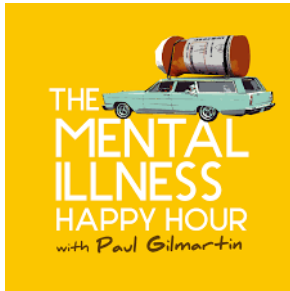
Select Talk Titles

Keynote: How to Harness Your Potential, Defeat Imposter Syndrome, and Live Full-Size (not fun size!)

TEDxLenoxVillage Women: How to Succeed in Each Moment Even When You're Failing

- **The Me You Want to Be: How a Shift From Goals to Values Can Bring Greater Vitality to Life**
- **Making Mighty Moves in Life and Career with Values-Based Decision-Making**
- **How to Efficiently Solve Problems, Communicate Effectively, and Give or Receive Feedback Like a Pro**
- **Living Your Best Life Amidst Anxiety, Worry, and Stress**
- **The Mighty Me You Are Meant to Be: Turning Pain into Power**
- **How to Live Your Mightiest Life Even When Shi!t Gets Hard**
- **Thriving Amidst Stress and Distress**
- **Let Go of Yourself: Practicing Compassion and Self-Compassion**
- **Imposter No More: Use Acceptance and Commitment Therapy to Help Clients (& Yourself!) Overcome Imposter 'Syndrome'**
- **Let Go of the Rope: Getting Comfortable Being Uncomfortable as You Navigate Life After High School**
- **Developing and Deepening Your Skills in Acceptance and Commitment Therapy**
- **Using Exposure Techniques in the Treatment of Anxiety Disorders**
- **Exposure & Response Prevention in the Treatment of Obsessive Compulsive Disorder**

Select Interviews



The Washington Post

Select Reviews

“Thank you Dr. Stoddard for a terrific presentation to our group of Lawyers and Judges. Your insight and advice on how to cope with anxiety and stress was excellent. We needed you and your help was much appreciated! I look forward to working with you again soon. Thank you again.”

“Very engaging and interactive training. I loved how Dr. Stoddard walked us through multiple practice exercises.”

“It’s so obvious that Jill has an enormous amount of experience, knowledge, and enthusiasm. I appreciated her energetic presence and presentation. I enjoyed this!”

“Dr. Stoddard did a wonderful job of explaining. I really appreciated how prepared and knowledgeable about the topic she was. I’d love to see her present again.”

“Absolutely amazing training, thank you!”

I watch Jill weave expertly from academic and theoretical topics to personal growth exercises, engaging her audiences with compelling stories, validation, and humor. She is one of my top-rated speakers. Audiences leave her talks inspired by Jill's own curiosity and excited to try the empirically based interventions she has honed and written about after years of study. Jill has expertise in Acceptance and Commitment Therapy (ACT), clinical metaphors, empowerment, and the treatment of anxiety disorders, but her teaching and training conveys something greater than these topics. I highly recommend her and I hope that you have a chance to learn from her soon.”

Dr. Stoddard is the absolute best! We recently invited her to lecture to our group of judges and lawyers on how we can all take better care of our mental and emotional health during these uncertain times – and wow, did she deliver. The tools she provided for dealing with anxiety and stress in both our professional and personal lives was very functional and useful to everyone present. Additionally, Dr. Stoddard really offered some great perspective to our group that helped us reframe anxiety and stress, and acknowledge and accept these emotions for the benefits they offer in our daily lives, and not just the hardships. So grateful to Dr. Stoddard, and really looking forward to the next opportunity to sit in on one of her lectures!!

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Booking

Thank you for considering Jill for your next event!



To discuss fees, availability, and program content, you can email, call, or reach out through Jill's 'contact us' page at:

e: jas@jillstoddard.com

p: 858.926.9922

w: www.jillstoddard.com



@jillstoddardphd



@jillastoddard