



# JOANNA GROVER, LCSW

PUBLIC SPEAKER

*Author, Co-Founder of Imagery Coaching*

## ABOUT JOANNA

Jo Grover is a Board-Certified coach and member of the International Coaching Federation and the [Harvard Institute of Coaching](#). She is the first in the U.S. to offer [Functional Imagery Training \(FIT\)](#). With 15 years as a sought-after coach and cognitive therapist, Jo has worked with top leaders at the U.S. Department of Commerce, Olympic athletes, the KPMG organization, and C-Suite Executives for Citi and IBM.

## SPEAKING EVENTS

- Harvard's Institute of Coaching
- National Wellness Conference
- Citadel Corporate Event
- Fran Drescher's Master Class Health Summit

## PODCAST EXPERIENCE

- |                         |                  |
|-------------------------|------------------|
| Passion Struck          | American Glutton |
| MindBodyGreen           | Third Eye Drops  |
| The Lucas Rockwood Show | Ever Forward     |
| Relationship Advice     |                  |

## FUNCTIONAL IMAGERY TRAINING

Function Imagery Training (FIT) is a technique that uses vivid mental imagery to enhance specific tasks or functions. It involves structured mental rehearsals to improve performance, build confidence, and facilitate learning and can be applied in areas like sports, education, and mental health.

## TESTIMONIAL

Whenever I spend time with her, I come away feeling inspired...inspired to be all I can be, to ask questions, and to be passionate about life with its infinite possibilities. Joanna is gifted with incredible wisdom and compassion. She makes a difference.

*— Anne Kursinski, 5-time Olympian*

## BOOKING INFORMATION

[Outreach@imagerycoaching.com](mailto:Outreach@imagerycoaching.com)

