



Samantha Timbers

Samantha Timbers helps busy, high-performing women build healthy habits that actually last — without adding more pressure to already full lives.

As a corporate trainer, hypnotist, and stress-reduction specialist with over 25 years of experience, Samantha is known for her practical, down-to-earth approach to lasting change. She combines neuroscience-informed strategies, subconscious reprogramming, and her signature “Simple Shift” tools to help women gently break patterns that keep them stuck and replace them with habits that support calm, clarity, and confidence.

Samantha has worked with hundreds of professionals, teams, and organizations, helping people move out of overwhelm and into sustainable momentum. Her signature Redesign Your Life after 40 focuses on designing the life you desire through simple and refreshing powerful shifts that will amaze you.

Her passion is simple: helping women feel grounded, capable, and back in control of their energy, focus, and daily habits; especially in seasons of life that feel full, fast, and demanding.