

A woman with long dark hair, wearing a yellow strapless dress, is smiling and posing with her right hand behind her head. She is standing in front of a dense green leafy wall. The background is a bright yellow color with a pattern of small orange dots.

THIS IS ME

ACTOR • AUTHOR • SPEAKER

**JOVANNA
VIDAL**

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(949) 414-5522

THE VISION



Jovanna's vision is to create a world where everyone is able to overcome adversity and achieve their dreams. She believes that through education, inspiration, and empowerment, individuals can create a brighter future for themselves and for those around them. She is committed to using her platform to make a positive impact on the world and to inspire others to do the same. Through her acting, writing, and speaking, she aims to empower others to embrace their true potential and live life to the fullest. She believes that everyone has the power to create a fulfilling and meaningful life, and is dedicated to helping others tap into that power.

WHO IS JOVANNA VIDAL?



 **67.9K**
Followers

 **38K**
Followers

 **8.3K**
subscribers

 **372.6K+**
views

Jovanna Vidal is a film/television actress, host, producer, voiceover artist, and entrepreneur in Los Angeles known for her inspiring story and dynamic presence on stage and screen. Jovanna is a Dominican-American actress who gained recognition through her appearances in Dhar Mann's YouTube videos. She was born and raised in New York and New Jersey, where she completed her schooling.

Jovanna is an actress who has recently authored a book titled "Teen Anxiety No More". The book is aimed at helping teens overcome the various challenges that they face in their lives, such as bullying, fear, and anxiety. It is designed to empower young people to become the "Star" of their own lives, rather than succumbing to peer pressure and becoming a supporting character in someone else's story.

The book offers practical tools and techniques that young people can use to overcome anxiety and build self-confidence. It also provides advice on how to handle difficult situations, such as bullying or social pressure, and how to cultivate a positive mindset that will help them achieve their goals.

Through her book, Jovanna aims to create a supportive and empowering environment for young people to grow and thrive in. By sharing her own experiences and insights, she hopes to inspire teens to become more confident, resilient, and self-assured.



JOVANNA VIDAL

Author of "Teen Anxiety No More"

ABOUT THE BOOK: "TEEN ANXIETY NO MORE"

Her dedication to empowering young individuals and promoting mental wellness led her to write her book, "Teen Anxiety No More." Jovanna's mission with this book is to reach out to teens, parents, and educators, equipping them with valuable insights and practical strategies to conquer anxiety and lead a fulfilling life.

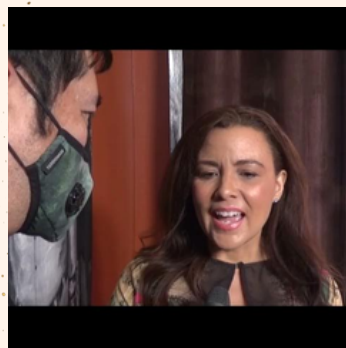
"Teen Anxiety No More" is a guide designed to address the prevalent issue of anxiety among teenagers. Drawing from her real-life experiences, Jovanna Vidal presents a holistic approach to understanding and managing anxiety during the challenging years of adolescence.

"Teen Anxiety No More" is an indispensable resource for teenagers, parents, teachers, and anyone involved in the lives of young adults. It offers practical tools, exercises, and guidance to help readers overcome anxiety and embrace a positive, purposeful, and anxiety-free life.

Ways to Work Together

Jovanna offers a range of ways to work with her including...

- Transformational Keynote Speaker
- Acting and VoiceOver work
- Coaching and Guidance
- Writing and Editing services
- Social Media Collaborations



Jovanna is available to speak at your next conference, high schools, colleges, or at any other of your upcoming events. Jovanna is sought after for sharing her underdog story of resilience while inspiring and transforming the audience to do the same.



Jovanna can help bring your vision to life with her expert storytelling skills. She is an experienced actor and voiceover artist available to collaborate for film and television, commercials, industrials, and other media opportunities. Jovanna is excited to be invited to appear as a guest on your next show or podcast. Let's Go!

Media

Jovanna has been featured in a range of media outlets, including:

- Canvas Rebel
- VoyageLA
- NBC Universal
- SHOUTLA

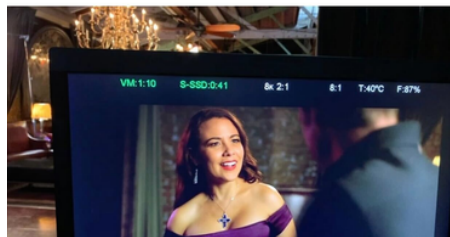
SHOUTOUT LA

LOCAL STORIES

Meet Jovanna Vidal | Actor, Author & Voiceover

July 5, 2022

Leave a reply



VoyageLA

LOCAL STORIES JANUARY 4, 2022

Daily Inspiration: Meet Jovanna Vidal

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Today we'd like to introduce you to Jovanna Vidal.

Alright, so thank you so



VoyageLA

LOCAL STORIES JANUARY 30, 2023

Check Out Jovanna Vidal's Story

LOCAL STORIES



Today we'd

Jovanna is also active on social media, where she shares her insights on life, career, and personal growth. She has a large following on Instagram and is available to work with brands and companies on social media collaborations and endorsements.



Jovanna Vidal has a strong presence and connection on social media, where she shares her expertise and engages with her followers...

You can follow Jovanna on:



Connect:

- Instagram: [@thisisjovanna](https://www.instagram.com/thisisjovanna)
- YouTube: [youtube.com/thisisjovanna](https://www.youtube.com/thisisjovanna)
- LinkedIn: [linkedin.com/in/jovannavidal](https://www.linkedin.com/in/jovannavidal)

Contact:

For media inquiries or to book Jovanna for your upcoming event, please contact:

Email: jo@thisisjovanna.com

Phone: (949) 414-5522



Let's Connect!