

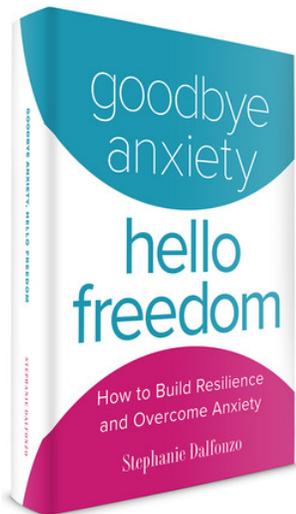
STEPHANIE DALFONZO

ANXIETY EXPERT | AUTHOR | SPEAKER



Born out of her lifelong journey of struggling with relationships, insomnia, feeling lost and stuck, Stephanie has become an anxiety expert out of necessity. After the stark realization that something had to change... she started the process of learning how to break free from the invisible bonds of anxiety and has spent over 20 years researching holistic, natural, and scientifically proven methodologies.

GOODBYE ANXIETY, HELLO FREEDOM!



She literally wrote the book on how to overcome anxiety: "Goodbye Anxiety, Hello Freedom".

Stephanie knew that "one size fits all" would not work for her, or anyone else for that matter. This was her mantra in her quest for learning and healing which led her to extensive training programs and certifications in Hypnosis, Emotional Freedom Technique/Tapping, Neurolinguistic Programming, Reiki, Yoga and more.

Years of learning validated that simple shifts are truly what create lasting changes, which is why she focuses on uncomplicated techniques that can easily fit into anyone's daily routine.

In addition to speaking at inspirational and evolved business conferences and colleges and universities, Stephanie works with clients virtually and can often be found engaging on social media. She is also a contributor for Thrive Global.

SPEAKING TOPICS



Stephanie is available to speak at conferences and seminars, and for media and podcast interviews. Her topics focus on helping women overcome anxiety, so they can live the happy, healthy lives.

SPEAKING TOPICS

- Goodbye Anxiety, Hello Freedom
- Push Less, Allow More
- Quick Stress and Anxiety Solutions
- How to Keep Your Balance in Times of Fear
- Your Brain CAN Change – You CAN Overcome Anxiety
- How to THRIVE in Uncertain Times: Anti-Anxiety Techniques That Work!
- How to Overcome Adverse Childhood Experiences (ACEs) by Building Emotional Resilience

Stephanie is...brilliant. She has the ability to get to the deep truth while keeping it conversational. Rare talent.
- Rob Berkely, Master Certified Coach

Presentations are also available as small group workshops.

INTERVIEW QUESTIONS

- What strategies can we use to help overcome stress and anxiety?
- How does worry contribute to stress?
- Is meditation different from mindfulness?
- What are the effects of anxiety in the workplace?
- How can parents avoid passing stress and anxiety on to their children?
- Tell me more about how your brain can change to overcome anxiety?
- What changes did you experience as you learned how to overcome anxiety?

RECENT INTERVIEWS/MEDIA

Stephanie has been a guest on a variety of podcasts, panels and blogs.

[CLICK HERE](#) to see her recent interviews and media.

STEPHANIEDALFONZO.COM

SD@STEPHANIEDALFONZO.COM

203-794-6186



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STEPHANIE HAS BEEN A FEATURED PRESENTER FOR:



Family & Children's Aid
Improving children's emotional and behavioral health



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**STEPHANIE HAS BEEN A FEATURED
PRESENTER FOR:**



DOWNLOADABLE ASSETS



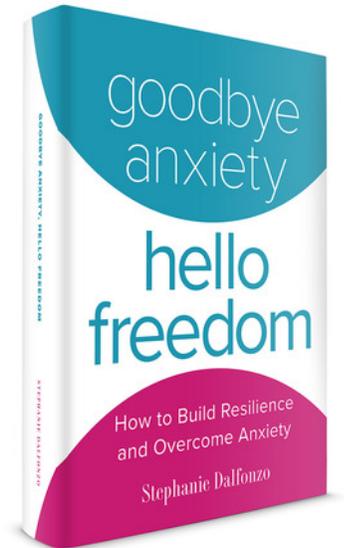
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CONNECT WITH STEPHANIE

STEPHANIEDALFONZO.COM

SD@STEPHANIEDALFONZO.COM

203-794-6186

 @STEPHANIE.DALFONZO

 @SDALFONZO

 @STEPHANIEDALFONZO

 @STEPHANIEDALFONZO