



## Integrative Hypnotist | Anxiety Expert | Author

### About Stephanie

Stephanie has been speaking for over 40 years, first as Celebrity Radio DJ "Stevie Knox." Back then, she "hypnotized" her listeners to come back day after day.

For almost 20 years, as an Integrative Hypnotist, she has literally been hypnotizing her clients to make incredible life changes.

She is also the author of "Goodbye Anxiety, Hello Freedom." Stephanie is inspiring, motivating, friendly and engaging.

### Book Stephanie

✉ [sd@stephaniedalfonzo.com](mailto:sd@stephaniedalfonzo.com)

🌐 [stephaniedalfonzo.com](http://stephaniedalfonzo.com)

### Speaking Topics

- 5 Ways to Build Resilience: To Counter Life's Challenges and Thrive
- Goodbye Anxiety, Hello Freedom: Simple Shifts for Lasting Change
- The Wisdom of Sleep: Better Sleep Leads to Being Your Best at Home, at Work, at School

### Testimonials

"Talking to Stephanie will put you to sleep... in a good way! Her easy and straightforward suggestions for reducing anxiety provided us with new tools to use to increase productivity and improve our ability to get a restful night's sleep."

*Nancy Eberhardt  
ProBono Partnership*

### Select Clients

