



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

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 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





Stephanie Dalfonzo | Speaking Topics | Simple Shifts

“

Thanks again for a fantastic session yesterday! It was engaging and your voice was... well, hypnotizing. :)

Marketa Krivy, Hello Bloomers

”

“

Stephanie delivered a presentation that gave our members simple and practical techniques to manage stress and build emotional resilience.

*Megan Marksberry
Women in Cable Telecommunications*

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5 Ways to Build Resilience: To Counter Life's Challenges and Thrive

Audience Takeways:

- Proven skills and practices to reduce stress and overwhelm, and find moments of joy and ease during these challenging times...no matter what is going on around you.
- Comfort knowing you are not alone in the feeling of anxiety, pressure, and the stress of everyday living - not just during the pandemic.
- Techniques that are logical and office space appropriate.
- Learn specific techniques to experience short moments of calm many times a day.
- How to shift to a moment to find that quiet space to quiet your mind and prepare you to continue on in success.
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Presentation Style:

Stephanie engages her audience through lecture and experiential practice. Her powerful, comforting presence creates an open, safe environment for learning, discovery and sharing. She helps participants to seamlessly integrate the techniques from her book, **Goodbye Anxiety Hello Freedom**, into everyday life.





Stephanie Dalfonzo | Speaking Topics | Sleep

“ Stephanie Dalfonzo teaches simple skills and techniques to calm stress and anxiety, so people can not just survive, but THRIVE! ”

“ We are living in unprecedented times. Stress, anxiety and lack of sleep are at all-time highs. Stephanie Dalfonzo teaches practical strategies and tools to improve self-care, manage stress and sleep better. ”

The Wisdom of Sleep: Better Sleep Leads to Being Your Best at Home, at Work, at School

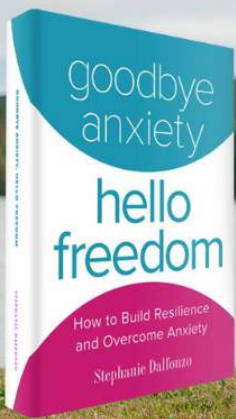
Audience Takeways:

- Sleep issues don't start when you put your head on the pillow.
- Proven skills and practices to reduce stress and overwhelm to help get a better night's sleep.
- Learn what to do and what NOT to do if you wake up in the middle of the night.
- What products may help you ease into peaceful sleep.
- Learn specific techniques to experience short moments of calm many times a day.
- How practicing the techniques on a regular basis can help with better focus and performance.

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Stephanie Dalfonzo | Speaking Topics Goodbye Anxiety, Hello Freedom



Our board was delighted with the presentation you gave to our Wilton Women's Club membership. Everyone was so engaged and inspired by the practical techniques provided to ease anxiety and emotional stress. The Q&A provided a great opportunity for members to gain personal insight. Finally, the book "Good Bye Anxiety, Hello Freedom," offered a step-by-step guide to help everyone apply simple techniques to their everyday lives. It was a worthwhile, entertaining and enlightening presentation



Goodbye Anxiety, Hello Freedom: Simple Shifts for Lasting Change

Audience Takeways:

- Comfort knowing you are not alone in the feeling of anxiety, pressure, and the stress of everyday living - not just during the pandemic.
- Techniques that are logical and simple enough to teach children.
- Learn specific techniques to experience short moments of calm many times a day.
- How to shift to a moment to find that quiet space to quiet your mind and prepare you to continue on in victory.
- Practice tips and new skills to calm stress, overwhelm, and feelings of anxiety.

Presentation Style:

Stephanie engages her audience through lecture and experiential practice. Her powerful, comforting presence creates an open, safe environment for learning, discovery and sharing. She helps participants to seamlessly integrate the techniques from her book, **Goodbye Anxiety Hello Freedom**, into everyday life.

