



Integrative Hypnotist
Anxiety Expert
Author & Speaker



stephaniedalfonzo.com

About Stephanie

Stephanie Dalfonzo has been speaking for 40 years.

Her first career was as Celebrity Radio DJ "Stevie Knox." Her 15 years on the radio was great training to be an effective virtual speaker/presenter. There is a special art to communicating without being able to "see" your audience.

As an Integrative Hypnotist for almost 20 years, she combines hypnosis with science-based practical and simple skills to help rewire and retrain your brain. Stephanie teaches resilience as a skill that can be learned, practiced, and easily incorporated into daily life.

Many of the techniques she shares are from her book "Goodbye Anxiety, Hello Freedom."

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



Book Stephanie

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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

"What an AWESOME presentation you did last week!. I've spoken with others who attended the webinar and received very positive feedback. I appreciate you, your spirit, your calm, and your light so very much."

~ Debbie Gray, HRASM

SELECT CLIENTS

