



Stephanie Dalfonzo | Speaking Topics:

Goodbye Anxiety, Hello Freedom

stephaniedalfonzo.com



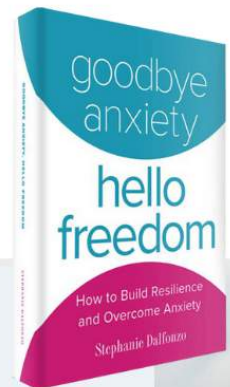
Goodbye Anxiety, Hello Freedom: Simple Shifts for Lasting Change

Audience Takeaways

- 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 combine hypnosis and science-based practical and simple skills to help rewire and retrain your brain.
- 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.



Book Stephanie

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"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."

