



Stephanie Dalfonzo | Speaking Topics:
Resilience

stephaniedalfonzo.com



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

Audience Takeaways

- 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.

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.



TESTIMONIALS

"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



Book Stephanie

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