



Stephanie Dalfonzo | Speaking Topics:
Sleep

stephaniedalfonzo.com



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

Audience Takeaways

- 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.

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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TESTIMONIALS

"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."