





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





Stephanie Dalfonzo | Speaking Topics:  
**Sleep**

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## 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.



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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."





