

The Trauma Freedom Project

Healing what holds you hostage

EXECUTIVE PAIN TO POWER

An individual *Transformation to Freedom* Retreat centered on genius-inspired, brain-based change



Are you stuck in a cycle of Emotional Pain, feeling as if there is no escape? Have you exhausted all the usual avenues of golf, a fantastic personal trainer, therapy, or even ventured into new relationships, only to find that you are still grappling with the SSDD scenario (Same Sh-t Different Day) with no relief in sight?

It's time to break free from this endless cycle.

Welcome to the **Pain to Power Retreat**, a transformative journey designed to guide you from despair to new-found freedom.

Laser Focus & Insight

With laser-precise focus on your top stressors the retreat aims to:

- Conduct a top-down assessment of your most pressing stressors
- Forge a profound connection with the authentic purpose behind your pain and what it intends to convey
- Harness your pain as a catalyst to personal empowerment, reawakening your core spirit and resourcefulness

Using laser-focused insight, refined over 35 years of discreet blending of Neuro-linguistics and Transformational Language techniques, complemented by Kinesiology and Brain-based Trauma work, Stephanie facilitates transformative breakthroughs. She skillfully navigates the underlying traumas, roadblocks, and mindsets obscuring your brilliance, and strategically silences what holds you hostage.

In a matter of hours, participants witness rapid transformation towards their potential, stepping into their blessed full resourcefulness. Their newfound resourcefulness becomes their closest ally and best self.



USING LASER-FOCUSED INSIGHT, STEPHANIE FACILITATES TRANSFORMATIVE BREAKTHROUGHS



STEPHANIE STRATEGICALLY SILENCES WHAT HOLDS YOU HOSTAGE . . .

How Is this Weekend Different?

Benefits:

Unlike standard therapy and coaching where years are spent digging through the problems, this retreat is tailored specifically to the high performer/achiever and swiftly elevates you to calm clarity, delivering impactful results.

How Does This Happen?

- Quietening triggers that have shadowed and shamed you
- Cultivating and restoring clarity in your personal and professional life
- Promoting sustainable resilience that seamlessly transfers to personal and professional decisions
- Re-establishing a rapid enduring connection to your uplifted self, transforming vulnerabilities into enduring leadership strengths

*“Working with Stephanie is like
working with a gently guided laser.”*



Logistics:

Day One: Dinner together to meet and get to know one another

Day Two: Three hour immersion. Afternoon off to rest and integrate followed by a report of Session Findings for you to review

Day Three: Impressions, Review and Practice Homework from Findings, Establish a Plan for Going Forward, Answer Questions, 2 to 3 hours

Investment:

\$2,900 for the Retreat.

Continued coaching is at the rate of \$195 per hour and is done via Zoom. It is normal for people to expect another 10-15 hours of continued work to fully absorb and integrate the important changes.

This work typically takes place in 2 hours sessions with two weeks between sessions for homework.

Please note: the Retreat is invoiced as an Educational Retreat so that it can be filed as an Educational Expense on Taxes. Subsequent coaching can be invoiced in the same way.

Testimonials

What are clients saying?



Joe Graedon, Pharmacologist, 5 times NY Times Bestselling Author, and Host of The People's Pharmacy, talks about his Trauma work with Stephanie Shipper

"There was something interfering and blocking my ability to do my best work.

Stephanie recovered a childhood trauma from the age of three when I was left on a polio ward in traction for months, with children dying around me. I was surrounded by numerous strangers poking and prodding me, and my parents were many miles away, with only occasional visits; this produced fear and anxiety about my entire medical experience.

As a result of Stephanie's extraordinary insights and unique approach, I have come out the other side liberated and 'lightened.' A lot of weight has been permanently lifted from my psyche and experience of life. Many thanks, Stephanie!"

Joe Graedon, Pharmacologist

WATCH ON YOUTUBE: <https://www.youtube.com/watch?v=U5xGnJC3JvU>

Fear of Flying

"I began to suffer from an extreme fear of flying. Previous to this I had been flying privately for almost 20 years and never had any trouble. The fear of flying was an immediate onset. I had a three hour session with Stephanie and engaged a meditative exercise to get a complete overview of the problem. This in fact was really intriguing as I came to understand that the fear had a much longer history.

Stephanie created and tested an exercise to heal the original fear, and crafted an intervention to interrupt the entire phobic response. So simple, so powerful!

Today I use the healing exercise as a healthy regimen daily to help in almost any situation...from general stress, to fear of a challenging situation. I do Stephanie's exercise and all is well, clear, and safe for me. In the past 3 years since the phobia work I have been flown over 15 trips through some fairly intense, low visibility, and turbulent weather."

Jim Hill, Raleigh, NC

WATCH ON YOUTUBE: https://www.youtube.com/watch?v=NqHi_dznHBs

Take the Next Step:

Stephanie offers a 45 minute conversation to determine how this retreat might help you, at no charge. Ideally, we need to meet so that both of us can determine exactly how this retreat may make a difference to you, and what that might look like, plus, you need to determine whether I am right for you.

Stephanie only takes on a few clients at a time to devote time, energy, and prayer to your unique challenge.

Please text or email:

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919-572-2215

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Serving the Greater Southeast USA
and nationally on Zoom.
Remote sessions always available.