

# The Trauma Freedom Project

Healing what holds you hostage

## EXECUTIVE PAIN TO POWER

A One-on-One *Transformation to Freedom* Intensive  
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 Intensive**, 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 Intensive aims to:

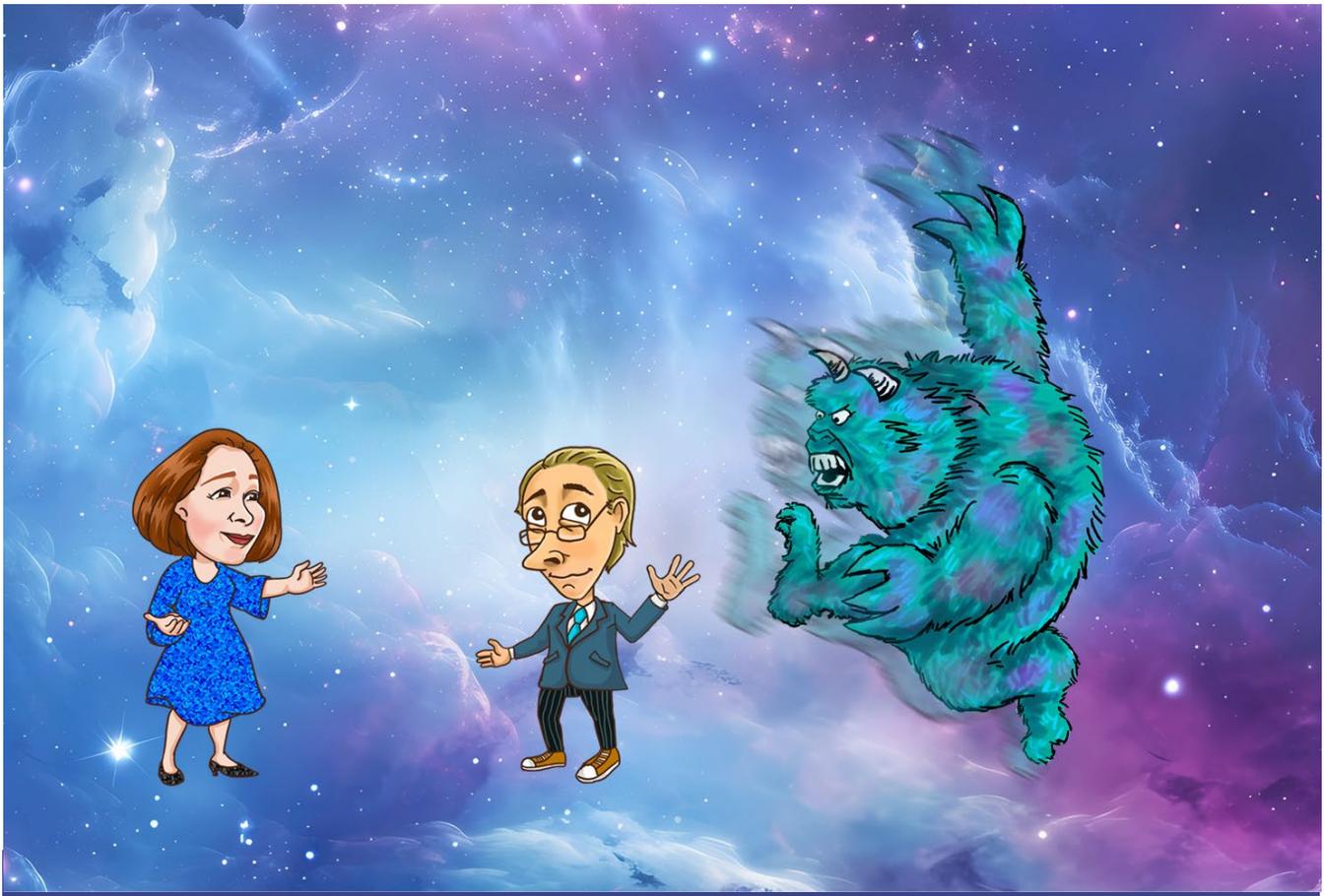
- Conduct a top-down assessment of your most pressing stressors
- Forge a profound connection with the authentic purpose behind your pain and what it intends to convey
- Harness your pain as a catalyst to personal empowerment, reawakening your core spirit and resourcefulness

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 Intensive is tailored specifically to the high performer/achiever and swiftly elevates you to calm clarity, delivering impactful results.

#### How Does This Happen?

- Quieting 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



## **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](https://www.youtube.com/watch?v=NqHi_dznHBs)

### Take the Next Step:

Stephanie offers a 45 minute conversation to determine how this One-on-One Intensive might help you, at no charge. Ideally, we need to meet so that both of us can determine exactly how this training 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.*