

PEAK STATES

LIBERATE YOUR INNER GREATNESS

The Trauma Freedom Project Presents: **MOVING BEYOND PAIN WITH PEAK STATES**

**DISCOVER YOUR LIFE PURPOSE – LIVE YOUR CORE VALUES
LIBERATE YOUR INNER GREATNESS**



Peak States, Core Values Intensive with Stephanie Shipper

Two Day One-on-One Unlimited Potentials Intensive with Stephanie Shipper; Certified NLP Trainer, Consulting Kinesiologist, and Founder of The Trauma Freedom Project.

Rediscover Your Authentic Self, Empower Clear Decisions, and Restore your Life Direction.

“The more we know about our own nature, deepest wishes, and constitutional yearnings, the more effortless our choices become. Many problems simply disappear and many others are easily solved by knowing what is in conformity with our nature.”

Abraham Maslow

Does This Describe You?



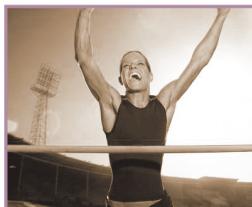
Congratulations! You are a successful person at the pinnacle of your profession or heading there. You've got one or more of: money, prestige, fame, the castle home. You're respected by your few peers and envied by the rest. So how is it that you are feeling frustrated so much of the time? How could you possibly perceive that you're missing something?

Or This?



You're a high-performing athlete on the practice field, but an "also ran," in competition. You play an instrument or sing like a virtuoso in the practice room or shower, only to choke or freeze up in front of an audience?

Liberate your Inner Greatness and Live Your Core Values



As a result of completing this Intensive, you will start each day energized, your daily decisions creating a continuum of connection with your Core Values using your self-initiated Peak States. You will find that you have greatly increased your ability to make wise decisions consistently.

"Unhappiness comes from attempting to be who we are not; the journey of life is to gain clarity about your authentic self."

Jack Altschuler

Using Peak States to Break Through: Peak States Are Your Birthright

People who constantly achieve at the highest levels do so by working in what Abraham Maslow called "Peak Experiences." Maslow believed that Peak Experiences cannot be planned or brought about by design. Quite simply, you have no control over when you will have a Peak Experience.

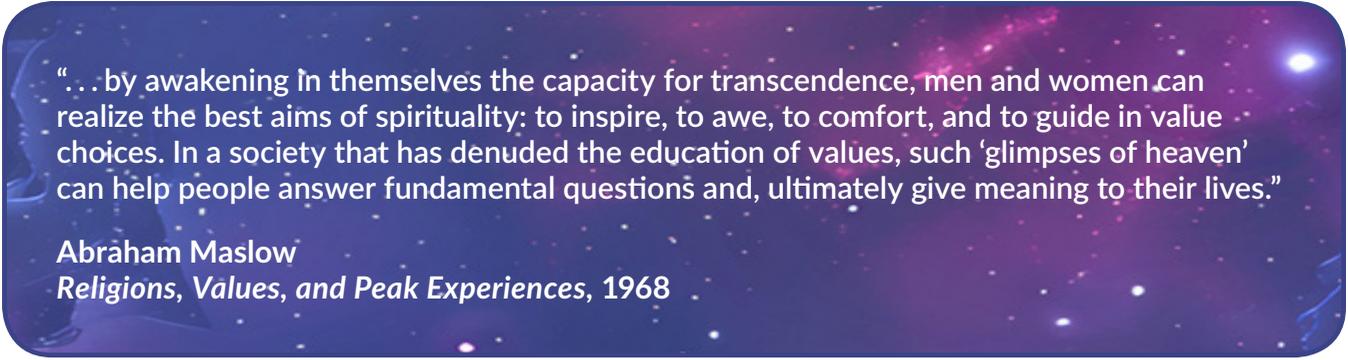
Building on Maslow's work, Peak Performance Modeling, and Brain-based Trauma Exercises, Stephanie Shipper has found that a person's Core Values, when applied as decision-making vehicles, create Peak States.

Stephanie has developed a methodology for training people to identify and attain their Peak States at will. This enables people to **Liberate Their Inner Greatness** and achieve their truest/highest potential by harnessing their individual Peak States.

This system offers measurements and models that generate your Peak Experiences by utilizing your own unique Core Values.

I believe that this is your Birthright!

You too can establish your own personal roadmap to Peak States / Peak Experiences through a comprehensive assessment and integration of your Core Values on Stephanie's **Two Day Peak States Intensive**.



“... by awakening in themselves the capacity for transcendence, men and women can realize the best aims of spirituality: to inspire, to awe, to comfort, and to guide in value choices. In a society that has denuded the education of values, such ‘glimpses of heaven’ can help people answer fundamental questions and, ultimately give meaning to their lives.”

Abraham Maslow
Religions, Values, and Peak Experiences, 1968

Stephanie Shipper's Peak States Intensive: in Detail

1. Establish a Foundation

Assessment of the key experiences and persons that formed you.

2. Value Keys Assessment

Discover the indelible responses that designate the road map to your Identity, Mission, Balance, and Mentoring.

3. Report of Findings & Personal Roadmap for Greatness

Plan of action for moving with determination towards greatness.

4. Clarifying Your Inhibitions To Greatness

5. Future Forward Coaching

Leaning into your values.

6. After the Intensive

To ensure maximal assimilation, 8-10 hours of personal coaching, in 2-hour sessions, is recommended to remove anything blocking your successful integration.

Testimonials: *what are clients saying?*

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



Joe and Terry Graedon, 5 times NY Times bestselling authors, and hosts of The People’s Pharmacy, talk about their work with Stephanie Shipper

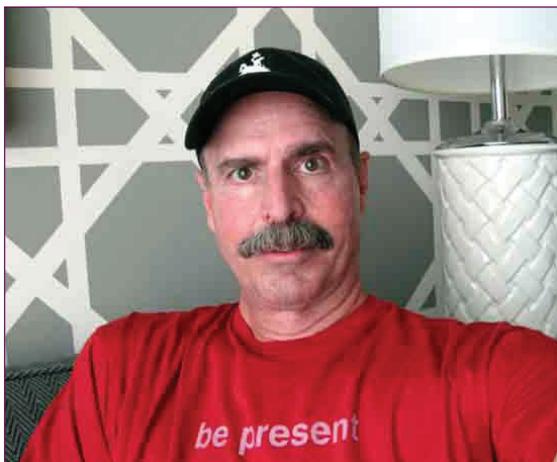


“Stephanie Shipper has had a profound impact on our professional and personal lives. She has helped us solve some incredibly difficult business dilemmas. Her skills and techniques are nothing short of miraculous. We highly recommend her services as a cost effective solution to business and interpersonal problems.”

Joe and Terry Graedon, The People’s Pharmacy

WATCH ON YOUTUBE: <https://www.youtube.com/watch?v=Intn6-PbJ8c&t=1s>

How Life Can Change for the Better...



“Thank you Stephanie...I am in the clouds and hopeful that I will not be coming down . . . ever

I was thinking of how my life has changed over the past 63 days: Previous life expenditures: 4 hours a day – I stopped watching TV, 4 hours a day – I ended my relationship, 8 hours, I fired myself from my company and I’m currently semi-unemployed.

I thought that I would have difficulty filling my days with interesting events but as it turns out . . . each day is more interesting than the prior. Not enough time to do it all.

Also, I thought I would gain 20 lbs or so; I’ve lost weight since all this began. Starting eating fish and veggies; Rarely sample dessert.”

Richard Yukes, CEO Black Bear Oil Company

Stephanie Shipper: Certified NLP Trainer and Brain-Based Trauma Expert

Your workshop leader Stephanie Shipper has 33 years background as a Certified Trainer of Neurolinguistic Programming (NLP), a Consulting Kinesiologist, IAKP, a Certified Practitioner of Integral Eye Movement Therapy (IEMT), and a Certified Havening Practitioner.

In addition to her therapeutic background, she has worked with clients such as the US Army Peacekeeping Forces, PSYOP Division, the NC Bar Association training Mediators, Live on NY (the NY Organ Donor Foundation), and has been a top corporate speaker in Conflict Resolution/ Negotiation for Vistage International for 23 years.

She is the founder of The Trauma Freedom Project: Healing What Holds You Hostage.



“Stephanie Shipper’s techniques are advanced, unconventional, and combine her cross-disciplinary expertise in neuro-linguistics, kinesiology, intentional prayer, and brain-based change.”

Stephanie’s Unique Development

Through her 33 years of work Stephanie has shown that Peak Experience/States can become self-initiated through a connection to our Core Values.

In Theory: Stephanie Shipper has created her Peak States Intensive by synthesizing key aspects of the work of three masters, Wyatt Woodsmall, Abraham Maslow, and Milton Erickson, coupled with insights gained through her counseling practice and her years of training in Raja Yoga meditation.

In Practice: A person’s Core Values are determined through in-depth analysis of their verbal responses to highly specific questions as well as non-verbal ‘cue patterns’ which accompany these responses.

Key indicators are found by observing changes in breathing patterns. Associated with the breathing changes are changes in energy – fundamental tonal shifts which Stephanie perceives visually, auditorily and viscerally.

Logistics:

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

Day Two: Three hours. Review / Report Findings, Initial work on Inhibiting issues, Establish plan for Going forward.

Investment:

\$1,895 for the Two-Day One-on-One Intensive.

Recommended continued coaching is at the rate of \$195 per hour and can be done via Zoom or in person. It is normal for people to expect another 8-10 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 Intensive 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.

Take the Next Step:

Stephanie offers a 45 minute conversation to determine how this Two-Day 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 Intensive 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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