

JOE RYAN

Inner Work Coach

JOE'S REALNESS AND RAW VULNERABILITY TAKE YOU TO PLACES YOU DIDN'T EVEN KNOW YOU HAD INSIDE YOU. JOE CUTS TO THE HEART OF WHAT PEOPLE GRAPPLE WITH AS SURVIVORS OF ABUSE, NEGLECT, AND TRAUMA. WITH HEARTFELT CLARITY, HE ENCOURAGES THE LISTENER TO TAKE PERSONAL RESPONSIBILITY WHILE MOVING FORWARD INTO A LIFE OF COURAGEOUS AUTHENTICITY.



ABOUT JOE

JOE RYAN IS A CERTIFIED PEER COUNSELOR WHO HAS WALKED THE WALK. HE IS A STREET-SMART SURVIVOR WITH GURU SENSIBILITIES, A VETERAN OF LIVING LIFE BY REDUCING PAIN, AND AN EMOTIONAL HEALER. HIS SESSIONS ARE DESIGNED FOR BREAKTHROUGHS INSTEAD OF YEARS ON THE COUCH OF ANALYSIS PARALYSIS. JOE IS TURNING HIS MISSION OUTWARD, HELPING OTHERS CONQUER THEIR TRAUMATIC EXPERIENCES THROUGH HIS PODCAST ("IT'S NOT YOU, IT'S YOUR TRAUMA") AND ONE-ON-ONE COACHING.

COACHING

JOE'S APPROACH IS BASED ON A UNIQUE MODALITY. IT IS NOT TRADITIONAL TALK THERAPY. IT IS A RAW, REAL, PERSONALIZED EXPERIENCE. AFTER TALKING TO JOE, YOU WILL NOT BE THE SAME AS HE GUIDES YOU THROUGH YOUR CHILDHOOD PROGRAMMING AND CONDITIONING. HE GOES DEEP INTO WHAT YOU HIDE FROM YOURSELF AND THE WORLD, RELEASING IT AND TRANSLATING IT INTO HEALTHIER RELATIONSHIPS WITH YOURSELF AND OTHERS.

SPEAKING POINTS

- ORIGINAL PAIN, SHADOW WORK
- ANXIETY, SHAME, FALSE SELF
- BROKEN FAMILY SYSTEMS
- RELATIONSHIPS, DIVORCE, CAREER SETBACKS,
- PTSD, ADDICTION, CODEPENDENCY
- AUTHENTICITY, SELF-ESTEEM, CONFIDENCE
- GRIEF, HEARTBREAK
- EMOTIONAL PARALYSIS

TESTIMONIALS

- JOE IS THE MOST ENLIGHTENING PERSON I'VE HEARD SPEAK ON TRAUMA AND FEAR.
- YOU HAVE GIVEN A VOICE TO PARTS OF ME THAT I DIDN'T EVEN KNOW EXISTED.
- YEARS OF THERAPY HAVE NOT HELPED ME AS MUCH AS THIS PODCAST.
- JOE'S OPENNESS AND WILLINGNESS TO SHARE HIS OWN NARRATIVE AND PAIN IS VISCERAL.

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