

# JOE RYAN

## It's Not You; It's Your Trauma

EMPOWERING INDIVIDUALS TO BREAK FREE FROM PAST TRAUMAS, EMBRACE CONFIDENCE, AND NAVIGATE LIFE WITH UNWAVERING RESILIENCE AND INNER STRENGTH.



## ABOUT JOE

JOE RYAN IS A CERTIFIED PEER SUPPORT SPECIALIST WHO KNOWS TRAUMA BECAUSE HE'S LIVED IT AND LEARNED TO LIVE BEYOND IT. JOE HAS BEEN ON A LIFELONG JOURNEY TO OVERCOME TRAUMA, SHAME, AND THE DEMONS THAT PLAGUED HIM FROM EARLY IN LIFE. 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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