

JOE RYAN

Inner Work Coach

JOE RYAN IS A PASSIONATE ADVOCATE FOR COURAGEOUS AUTHENTICITY. JOE ACTS AS AN EMPATHETIC GUIDE AND POWERFUL MIRROR, ASSISTING INDIVIDUALS IN IDENTIFYING BLIND SPOTS, CHALLENGING FALSE BELIEF SYSTEMS, AND REFRAMING PAST EXPERIENCES. HIS MISSION IS TO HELP INDIVIDUALS NAVIGATE THEIR FALSE SELF, PROGRAMMING, AND CONDITIONING, ALLOWING THEM TO UNCOVER THEIR TRUE SELVES AND LIVE MORE FULFILLING LIVES.



COACHING

JOE'S METHOD IS DISTINCTIVELY DIFFERENT. IT GOES BEYOND THE CONVENTIONAL TALK THERAPY, OFFERING A RAW, AUTHENTIC, AND TAILORED ENCOUNTER. ENGAGING WITH JOE WILL TRANSFORM YOU AS HE NAVIGATES THROUGH YOUR CHILDHOOD INFLUENCES AND BEHAVIORS. HE DELVES INTO ASPECTS YOU CONCEAL FROM YOURSELF AND OTHERS, FACILITATING RELEASE AND TRANSFORMING THEM INTO MORE POSITIVE RELATIONSHIPS WITH YOURSELF AND THOSE AROUND YOU.

PODCAST

"It's Not You, It's Your Trauma" IS A PODCAST HOSTED BY JOE RYAN THAT DELVES INTO THE COMPLEXITIES OF TRAUMA AND HOW IT SHAPES BEHAVIORS, EMOTIONS, AND RELATIONSHIPS. FOCUSING ON COURAGEOUS AUTHENTICITY AND VULNERABILITY, JOE SHARES HIS EXPERTISE AND PERSONAL EXPERIENCES TO HELP LISTENERS UNDERSTAND AND OVERCOME THEIR STRUGGLES. THE PODCAST PROVIDES A SUPPORTIVE AND EMPATHETIC SPACE FOR INDIVIDUALS TO LEARN, REFLECT, AND TAKE STEPS TOWARDS A MORE AUTHENTIC AND FULFILLING LIFE.

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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