

JOE RYAN

Inner Work Coach

JOE RYAN IS A TRAUMA-BASED INNER WORK COACH FROM NYC AND HOST OF "IT'S NOT YOU; IT'S YOUR TRAUMA." HE TAKES PEOPLE BACK INTO THE PAIN THEY'VE BEEN AVOIDING THEIR WHOLE LIVES — SO THEY CAN PROCESS IT, REFRAME IT, AND GRIEVE THE WOUNDS THAT HAVE KEPT THEM STUCK, ISOLATED, AND DISCONNECTED FROM THEMSELVES AND EVERYONE AROUND THEM. HIS APPROACH ISN'T THERAPY. IT'S HONEST, RAW, ONE-ON-ONE WORK ROOTED IN HIS OWN LIVED EXPERIENCE.



COACHING

I'M NOT A THERAPIST. I DON'T HAVE LETTERS AFTER MY NAME. WHAT I HAVE IS A MIND THAT WAS TRAINED BY SURVIVAL. I TAKE PEOPLE BACK INTO THE PLACES THEY'VE BEEN RUNNING FROM — THE SHAME, THE FEAR, THE CHILDHOOD WOUNDS THAT HAVE BEEN QUIETLY RUNNING EVERYTHING. YOU GIVE ME PIECES. I GIVE YOU BACK A CLEAR PICTURE OF WHAT YOU'VE BEEN STRUGGLING TO SEE. THAT'S NOT SOMETHING YOU LEARN IN SCHOOL. THAT'S SOMETHING YOU LIVE.

PODCAST

NO EXPERTS. NO THEORY. NO FLUFF. JUST HONEST, UNFILTERED CONVERSATION ABOUT WHAT TRAUMA ACTUALLY DOES TO A PERSON — AND WHAT IT REALLY TAKES TO GET THROUGH IT. THE SHAME, THE FEAR, THE ISOLATION, THE PARTS OF YOURSELF YOU'VE KEPT HIDDEN. WHERE THE QUIET PART IS SAID OUT LOUD.

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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