

**I show Trauma Survivors & Veterans how to utilize powerful mind & body practices to kick the trauma out, so that they can live the joyful, abundant life they deserve.**

**Testimonial: After a Trauma Release Session:**

... "After the treatment, I felt *unburdened, relieved...free!* I have never before in my adult life experienced such *profoundly innocent happiness*, and am still in awe of the relief I felt after sitting up and realizing how light my body felt. In the days that followed, I noticed that my *senses were more acute...I would not hesitate to recommend Phoenix to anyone who has a physical or emotional issue that they need addressed. Phoenix's gift allowed her to connect to me on a spiritual and physical level, and enabled me to disconnect from the trauma I held all those years. I'm so grateful that she has been given this wonderful gift—It truly changed my life".*

—Pamela E., Eden Prairie MN

Phoenix Alexander-Transformation Keynote Speaker, Author



#### Biography:

- Phoenix has been helping trauma survivors to heal from their trauma by connecting the mind & body through specialized techniques since 1989— as a Licensed Massage Therapist and Personal Empowerment Guide.
- She has taught and recorded multiple workshops on the subjects of healing through aromatherapy and acupressure. Available on Video.
- As an instructor she has taught workshops for Personal Empowerment & Safety through using their voice, setting forceful boundaries physically, and incorporating Layers of Safety.
- She has her own Personal Development Show "The Way of the Phoenix-Trust The Journey" aired on Cable TV.
- She has presented Qigong to Veteran's as a way to deal with Post Combat Stress at The Veteran's Resource Fair in April 2018 at the Tacoma Dome, and various other Veteran's groups.
- She is a level 3 Certified Qigong Instructor-One of less than 600 in the US (Supreme Science Qigong) and teaches Qigong and Breath Empowerment techniques to groups.
- She graduated from the prestigious "Bill Gove Speech Workshop" for Keynote Speakers.
- She is a trauma survivor with real-life experience on how to survive & heal, and shares her message of empowerment and transformation individually and with large groups.

#### Speech Topic: Turning Trauma Into Triumph-The Warrior's Path to Healing:

**No matter how difficult your life has been up till now, you can live the good life despite trauma or PTSD with these extraordinary, life-enhancing tools!** The key to real transformation is engaging the mind, body and the senses, in the process of healing.

- Phoenix shares her personal stories of trauma and triumph, including overcoming extreme violence, a life-threatening illness, and much more. You will be totally engaged as you learn about being told she would die when she was 30.
- Your audience will leave with real tools for transformation and healing.

#### Such As:

#### Brain Integration Movements,

- **Declarations with Breath Empowerment,**
- **Transformation Declarations for Reframing the Past**
- **Acupressure to Re-frame Trauma**

## Phoenix Alexander

Author of: "Turning Trials Into Triumphs The Way OF The Phoenix"  
Transformational Keynote Speaker  
Personal Empowerment Guide

Phone: 253-332-9004  
MyNamelsPhoenix2@yahoo.com  
www.MyNamelsPhoenix.com  
Www.FromVictimIntoVictor.org

**Book Testimonials:** "This moving, insightful book gives you the ideas and inspiration to overcome adversity in any area of you life".—Brian Tracy International Best-Selling Author of "The Way to Wealth"

"It's not the difficult circumstances in our life that determines who we are; it's what we make of ourselves despite them. Let this book show you a path to greatness"  
—Patrick Snow, International Best-Selling Author of: "Creating Your Own Destiny"

"I have known Phoenix for more than a decade and watched her transform her life. Her book is a creative guide to getting what you most want by playing whatever cards you are dealt skillfully and with understanding. All your past failures can give you a tremendous personal advantage if you apply the lessons of wisdom to be learned from each experience, and this book can show you how."—Fredric Lehrman, Author of: "Prosperity Consciousness; How to Tap Your Unlimited Wealth"

