

Speaker & Conference One-Sheet

Gina Vance

Author • Speaker • Trauma Healing Educator
Creator of Somatic Mindful Guided Imagery® (SMGI®)

Featured Book

Life Is Hard and Then You Fly

How Your Nine Instinctive Responses Can Turn Pain into Purpose Through the Revolutionary Healing Power of SMGI®

Ideal Event Introduction

Gina Vance is the author of *Life Is Hard and Then You Fly* and the creator of Somatic Mindful Guided Imagery® (SMGI®), a trauma-informed, body-based healing method. After healing her own severe and physically disabling PTSD, she has spent over 20 years helping people transform trauma by working directly with the nervous system—where real change happens.

About Gina

Gina Vance is an author, speaker, and trauma healing educator known for making complex healing concepts accessible, experiential, and hopeful. After healing her own severe and physically disabling PTSD, she devoted her life to understanding how healing actually works—not just cognitively, but somatically, where survival patterns live.

Blending neuroscience, lived experience, and guided inner practices, Gina reframes trauma responses as intelligent adaptations rather than flaws to fix. Her speaking style is warm, engaging, and deeply human, inviting audiences to experience immediate nervous-system shifts while offering practical tools they can use right away.

Signature Talk Topics

- Life Is Hard and Then You Fly
- The Nine Survival Responses
- From Triggered to Resourced
- Turning Pain into Purpose
- Embodied Healing That Actually Lasts

What Audiences Experience

A felt sense of calm and safety, new language for understanding trauma without shame, practical tools audiences can use immediately, and a shift from self-blame to possibility.

Keynote & Talk Formats

- 20–45 Minute Keynote
- 60–90 Minute Talk or Workshop
- Half-Day or Full-Day Trainings
- Author Events & Book Talks

Booking & Links

Book: <https://www.amazon.com/dp/1998393402>

Website: <https://www.MindBodyJourneys.com>

Training: <https://www.SomaticMindfulGuidedImagery.com>

Author Site: <https://www.LifelsHardAndThenYouFly.com>