

Gina Vance

Author • Speaker • Trauma Healer • Trainer
Creator of Somatic Mindful Guided Imagery® (SMGI®)

Overview

Gina Vance is the author of *Life Is Hard And Then You Fly* and an internationally respected trauma healer, speaker, and trainer who helps people transform pain, survival patterns, and stress into clarity, connection, and purpose. Her work introduces an expanded framework of nine instinctive survival responses and offers a compassionate, practical path to real, lasting change. Gina leads author events, keynotes, workshops, retreats, and an annual professional training certifying wellness practitioners in her revolutionary SMGI® method.

“One of my favorite things about Mind/Body Journeys teacher Gina Vance is the sense of joy and wonder she brings to the healing arts. With Gina, you're encouraged to be an adventurer — a curious explorer in the discovery of your own unique soul, path, and destiny. Her classes are rich, experiential, experimental — and FUN!”

— Kayse Gehret, Founder, Soulstice Mind + Body Spa & Meditation Center, Sausalito, CA

Keynote & Talk Formats

20–45 Minute Keynote

Inspiring, story-driven talks that introduce powerful ideas and practical, immediately usable tools participants can apply for themselves and share with others.

60–90 Minute Keynote

Life-changing content paired with transformative experiential exercises, designed to deepen understanding, foster connection, and create meaningful, lasting shifts participants can continue practicing and sharing.

Signature Topics for Talks, Author Events & Workshops

- Life Is Hard... And Then You Fly: Turning Pain into Purpose
- The Nine Survival Responses — and why most trauma models miss the full picture
- Healing trauma without re-traumatization
- Restoring safety, connection, and coherence within the nervous and energy systems
- Power, intuition, and reclaiming inner authority
- Moving beyond coping into genuine healing and freedom

“One of the top Mind-Body practitioners in the world, Gina is the consummate professional — gifted, giving, and deeply dedicated. Her work is truly transformational, and any individual, group, or company desiring growth and change will deeply benefit from her work and expertise.”

— Kayse Gehret, Founder, Soulstice Mind + Body Spa & Meditation Center, Sausalito, CA

Workshops, Trainings & Author Events

Gina's workshops and trainings are experiential rather than lecture-based, extremely gentle yet deeply effective, and collaborative rather than prescriptive. Offerings include author talks and book events, half-day and full-day workshops, multi-day retreats, and professional certification training in Somatic Mindful Guided Imagery® (SMGI®).

Gina Vance • Author & Speaker • Life Is Hard And Then You Fly (2025) • Somatic Mindful Guided Imagery® (SMGI®)