



Power of Somatic Intelligence

# STEPHANIE'S CASE STUDY

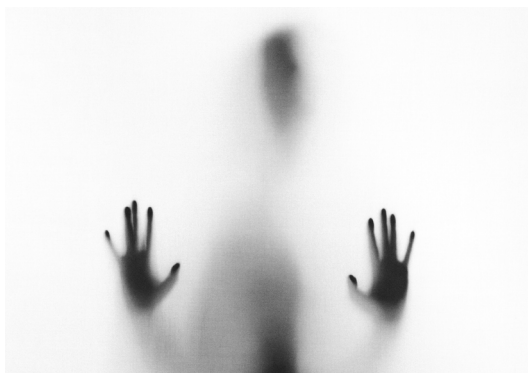
**From Suppression to Self-Expression:  
Stephanie's Journey of Finding Her  
Bigger Voice**



# OVERVIEW

Stephanie, a successful Director of Growth in a High-tech company, felt trapped by anxiety and emotional suppression despite her achievements. She struggled to get into a loving relationship. Through 1:1 Somatic Intelligence coaching with Chen, she transformed her life by breaking generational trauma patterns, developing unshakable confidence, and finding lasting true love, in just 1 year. This journey led to a promotion, improved relationships, and a newfound sense of peace empowerment, and feminine embodiment. Here's her story.

## Before Coaching: A Life of Suppressed Emotions and Anxiety



Stephanie felt trapped in a cycle of anxiety and people-pleasing. Her upbringing in a "man's world" had left her struggling to find her voice and set boundaries. Despite trying various self-help programs and coaching programs, Stephanie felt guilty for not achieving the promised results and believed she was the problem. This showed up in her pattern of dating emotionally and physically unavailable men. In addition, she was dealing with generational trauma that saw both her mom and daughter survive suicide attempts.

*"I had many significant traumatic events happening at the same time, like caring for an ailing parent, but I knew what I wanted, I just wasn't able to get there. It seemed like such a long journey, and I didn't really have a good path. When I talked with Chen, I felt like I had this pathway. So I said, I'm gonna try it. And so I did."*

# WHY STEPHANIE CHOSE CHEN

Stephanie's turning point came when she encountered Chen, who offered a unique somatic approach that resonated deeply with her. Initially sceptical, Stephanie was drawn to Chen's authenticity, embodied femininity, and no-nonsense style. During their first call, Chen was able to create a safe space for Stephanie to explore her feelings, a deeply transformative experience. **This was the first time she felt truly seen and understood.**

*“Chen met me where I was. Even after doing a lot of inner work before, I was kind of dulling myself a little bit for a variety of reasons, but always knew I had a bigger voice and wanted to say more. I just didn't know how to get there. So, when Chen showed up, she was very matter-of-fact, yet very soft and very strong. I didn't expect to feel so comfortable talking with her.”*

# THE TRANSFORMATION

Stephanie learned to recognize and process her own emotions rather than absorbing others, and she identified and broke generational trauma patterns that showed up in how she chose unavailable men for relationships. Chen helped her to let go of people-pleasing, develop the confidence to speak up, and set boundaries—both at work and in her personal life, as she began, embracing her authentic self and viewing her natural shyness as a strength.

One of the most remarkable outcomes from a year of working together was Stephanie's promotion to a leadership position, thanks to her newfound confidence and communication

skills crafted from role-playing during sessions with Chen. This personalized approach to coaching gave her the tools needed to speak powerfully to top management and grow in her position by leading with her feminine.

Through somatic coaching, Stephanie's relationship with her children improved as she modeled healthier emotional expression and availability. She stopped picking closed-off men who reflected her trauma and shifted her love frequency in her body until she was able to pick a partner who matched her emotional growth and commitment to self-improvement.

From her VIP embodiment retreat 1:1 with Chen in Portugal—which played a big part in shifting what she needed in relationships—to regular coaching sessions to work through past traumas and role-play difficult situations, Stephanie was able to experience tremendous growth and healing in just one year.

*“I realized through working with Chen that I was feeling other people's emotions and I cared more for how they would react than I cared for my own feelings. Chen helped me feel the sensations in my body and take the time to stop and understand how it showed up and presented itself in my body.”*



# THE EXPERIENCE WORKING WITH CHEN

Chen's ability to witness, understand, and guide Stephanie through her struggles allowed her to safely confront her past, release old anxieties, and step into a new chapter of her life with confidence, courage, healthier boundaries, a strong voice, and clarity.

Within months of working with Chen, Stephanie achieved deeper, more meaningful relationships, gained the confidence to speak her truth, and within a year entered into a newfound secure romantic partnership built on mutual understanding, and, most importantly, began healing intergenerational emotional wounds.

At work, Stephanie received a promotion and has taken more of a leadership role, with management regularly asking her opinion. She brings a more feminine approach to her work and her ability to balance her masculine and feminine sides is now seen as a valuable asset in a male-dominated industry.

Through Chen's guidance, Stephanie achieved what she once thought was impossible—she freed herself from the grip of past trauma and emotional suppression, and she now moves through life with a newfound sense of peace and empowerment.

*"I knew what I wanted, but I just wasn't able to get there on my own. It seemed like such a long journey, and I didn't really have a good way forward. When I talked with Chen, I felt like I had a solid pathway. She is direct, but very soft, but also very strong. She can hold her presence, ask the right questions, and see the patterns that I can't see. She's so real, and she doesn't beat around the bush, which I like."*



## Is 1:1 Coaching with Chen for you?

For anyone feeling trapped by their past, Stephanie's story is proof that transformation is possible even when you think that something might be wrong with you or you are constantly in people-pleasing mode. If you're ready to embrace your authentic self and commit to your personal growth, Stephanie's journey is an inspiring example of what results you might expect in less than a year.

Book a  
Discovery  
Call to see if  
working 1:1  
with Chen is  
right for you.

