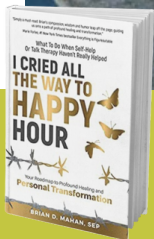




Brian D. Mahan, SEP



Brian empowers individuals to embrace their authenticity and thrive socially and professionally. He is a teacher, lecturer, and motivation speaker with 17 years of experience and the author of *I Cried All the Way To Happy Hour - What To Do When Self-Help Or Talk Therapy Haven't Really Helped*. He specializes in breaking patterns and changing limiting beliefs by healing shock trauma, developmental trauma, and toxic shame.



"... his work and his teachings are game-changing."

Maria Menounos ~ 2x New York Times best selling author & host of "Better Together with Maria Menounos"



SIGNATURE TOPICS

- Transmuting Toxic Shame into Healthy Shame
- Healing from Trauma
- Healing Developmental Trauma
- The Value and Power of Anger
- Managing Stress and Anxiety
- Reclaiming Your Authentic Self
- The Foundation And Pillars of Healthy Relationships

SIGNATURE TRAININGS

- Breaking Through Your Own Glass Ceiling
- Setting Healthy Boundaries and Protecting Them
- Finding Your Passion and Purpose to Align and Supercharge Your Goals
- Transforming Corporate Culture
- The Eight States of Embodiment
- Kicking Your Inner-Critic to the Curb



"Brian is profoundly talented ...and deeply committed to helping people heal. I'm proud to call him a teacher and a friend."

Gabby Bernstein ~ #1 New York Times bestselling author of The Universe has Your Back



"Brian's compassion, wisdom, and humor [guide] us onto a path of profound healing and transformation."

Marie Forleo ~ #1 New York Times bestselling author of Everything is Figureoutable



"Brian has the profound ability to lead me towards the truth. Always."

Annabelle Dexter Jones ~ (HBO 'Succession') Actor, Director



"...Both laugh-out-loud funny and terrifying—Brian weaves personal experience with deep knowledge... [bringing] you a road map for healing ..."

Matthew Carnahan ~ Creator of Emmy Award-winning series HOUSE OF LIES and author of SERPENT GIRL.

COLLABORATION OPPORTUNITIES

Keynotes | Seminars | Trainings

Book Brian for keynote and guest speaking opportunities. He is also available for full-day and half-day seminars and multiple training series. His presentations are easily adapted for specific audiences.

Media Source For Subject Matter Expertise

Available for:

- Broadcast News
- News Magazines (Print/Online)
- Podcast Interviews
- Guest Blog Article
- Social Media Expert Commentary
 - YouTube Live
 - Facebook Live
 - Instagram Live
 - Content for Reels and Stories

Areas Of Expertise:

- Trauma
- Shame
- Breaking Patterns
- Elevating Workplace Culture
- Personal Transformation
- Healthy Relationship Dynamics

CONNECT WITH BRIAN



/BrianDMahanSEP



Brian@BrianDMahan.com



/BrianDMahanSEP



www.BrianDMahan.com



/BrianDMahanSEP

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