



SHAKE AWAY STRESS

STRESS RESILIENCE WORKSHOPS

shakeawaystress.com



Hi, I'm Carolyn

STRESS RESILIENCE TRAINER AND COACH

Carolyn Barnwell helps high-achievers and impact-driven leaders de-stress on a cellular level. She facilitates experiential workshops and trainings using science-backed mindfulness, movement, and guided visualization techniques for stress release and deep restoration.

During sessions, Carolyn provides the framework, then offers tools and guidance for your body and attention to bring you into balance. Participants can expect to feel opened up to more resourcefulness, creativity, focus and vitality. Interactive sessions with Carolyn are held either online or in-person, and are trauma-informed, accessible, and inclusive.

**Free the
stress from
your BODY,
and the rest
will follow.**



HERE'S WHAT WE'LL COVER



✓ **THE FOUNDATION OF PERFORMANCE AND GROWTH**

Many people think it's self-discipline that determines our success, but it's actually a game of self-regulation. Understanding how to work with your body and nervous system is the lynch pin that allows everything to shift and improve.

✓ **PRACTICAL HOW-TOs**

Experience a total reset by using neural and somatic exercises. These accessible “exercises” don't require flexibility or strength—you can think of them as de-stressing tools you can do anywhere as needed.

✓ **IMPACTFUL STATE-CHANGE**

Go beyond a typical meeting or gathering by incorporating the body and a little bit of structured “play.” This turns a mundane experience into something unforgettable that leaves you feeling more creative and alive.





Client Testimonials

“This workshop was just what I needed. I left with my body feeling looser and my spirit joyously uplifted. Best of all, it reframed my day by allowing me to return home with my center regained and a fresh perspective. That was SO relaxing, and fun!

Domenica G.

“I highly recommend this workshop - 5 stars! It was like a massage for my mind, soul, and nervous system. I left feeling grateful, joyful, and recharged. Carolyn is so calming and knowledgeable. I felt like I was getting the highlight reel of her years of experience and research.

Jeffrey M.

AN INTELLIGENT AND INSIGHTFUL TEACHER

“Carolyn is an intelligent and insightful teacher. She helps participants feel safe and held even as they’re trying new things. I highly recommend her to anyone seeking to find a little more peace in their nervous systems and lives.”

Yael F.

Thank you for such an amazing time. “Meeting people where they are” doesn’t quite do it justice. Compassionate is the first word I think of. Giving people space to explore this on their own, without judgment.

Afterwards, I felt a lightness throughout my body. Released. Relieved. Cleansed. Satiated. I’m still thinking about it a week later.

Joseph M.

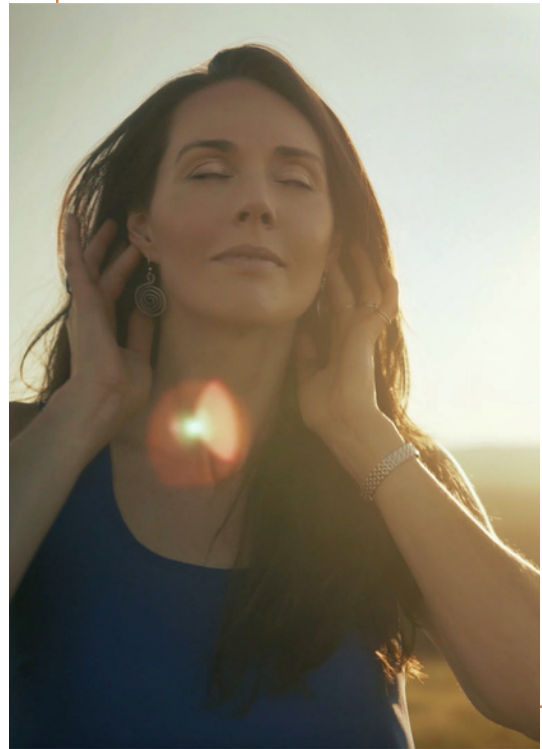
STRESSED?

That's no surprise. Life today is more stimulating & distracting than ever before in history. If you do mission-driven work, you probably feel the weight of the world, too. And that's leading to more overwhelm and burnout.

If you're feeling stressed-out on the regular, the answer is unwinding from the inside out. The body is the key to change.

Carolyn helps you take an intentional pause and learn simple but powerful tools to signal safety and balance to your brain and body. These self-regulation skills will allow you to show up with more clarity and confidence, and feel more vibrant and joyful.

Showing up this way will not just make you better, but will ripple out to your family, your colleagues, and everywhere you lead.



**Helping
you feel
focused and
optimistic
from the
INSIDE out.**

WHY DO THIS WITH CAROLYN



Few people can live a life untouched by the negative impacts of chronic stress, so it's more important than ever to learn how to build resilience and capacity to adapt, truly rest, and restore.

My background includes global documentary production and being a staff producer on National Geographic's impact media team. While working on my first documentary project in Thailand, I was immersed in suffering communities, and then a natural disaster, leading me to debilitating levels of post-traumatic stress and anxiety.

I had a hard time managing normal life, but was determined to live another way.

Working WITH the body was the missing piece that allowed me to thrive and continue my career, and then evolve it to become a certified Leadership Coach, Tension Releasing Exercises Provider, and Nervous System Fitness Trainer. I'm also a rarely-stressed wife and parent now, too.

I share tools and strategies based on somatics and neurophysiology, and deliver meaningful, reinvigorating experiences. They're an invitation into embodiment and agency, and not just more knowledge and information.

The somatic approach to stress and burnout relief is not a trend. It's evidence-based and predicted to become mainstream in the coming years.

When you engage yourself at the deepest level and shift your being, you can't help but open up to new possibilities in life and work.

Stress activates your nervous system.

That's why you can't tell yourself to "just calm down" or "just do it"— your nervous system doesn't know what those thoughts mean.

We have to speak the language it responds to, and use our bodies.



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I offer 90-min. to 2-hour interactive workshops starting at \$2k. When you want to learn simple yet powerful tools to help your body keep a better score, I'm here for you and your team.

Carolyn

GET IN TOUCH