



Dynamic Adria Firestone is a 'force of nature.' She is well-spoken, multi-talented, and brilliant at communicating and inspiring an audience whether the setting be a darkened theater, a master class, or a professional board room. Her positive attitude and inspiration are infectious. Adria's passion and generosity for sharing her skills are a gift.  
~ John Hoopes, Artistic Director, Nashville Opera

Adria is as powerful as a category 4 hurricane, but comes at you like gentle rain. . . She helps you understand you are not competing with the world, only with yourself.  
~ Grace Valdes, MMSW, LSW, Columbia University

# Firestone *adria*

*I reached out to Adria during one of the lowest points in my life. With her help, I was able to escape a toxic relationship, complete a Master's Degree, and move up in my career. Most importantly, she helped me find happiness within myself again, something I never thought was possible after years of emotional abuse. I dare anyone who is ready to work for real change in their lives to work with this trailblazer, you WILL NOT be disappointed!*

~ M. Gonzalez, ME, Music Educator | Director | Choreographer

## You Are the Artist Life Design Formula

We have more power than we know. Most of us believe life *happens* to us. We have been taught we have no choice.

Let us take the magnificent colors we have available to us with every choice we make and design a life that fulfills our purpose, makes us happier, and raises the level of big love for this planet.

Adria's seminar topics are based on her 5 Star Readers' Favorite book:

### You Are the Artist of Your Life

*Each chapter is one page long, with questions at the end of the chapter. The facing page is a journal, for your thoughts and your insights.*

### How to Ask for What You Want

Discover 5 keys to healthy, effective communication. Set clear boundaries and learn how to say No.

### How to Heal, One Breath at a Time

Learn how to lift depression, accelerate recovery and control the stress that creates illness.

### 3 Keys to Your Happiness

Change the way you look at things and the things you look at change. Your life, and your happiness, is in your hands.

### Everything You Want is on the Other Side of Your Fear

The reason most of us aren't living our dreams is because we are living our fears. Change that: come discover how!



## MEET ADRIA

Adria Firestone has the chops and strategies to change your life. She is a personal development expert and coach who survived innumerable challenges and evolved into a passionate teacher. You will walk away from a seminar with Adria with a clearer view of your life, a new vision of what you want and the action steps you need for your own successful transformation.

Adria has worked with clients around the globe for more than 20 years. She is a speaker, author and coach whose training and experience make her your source for seminars and keynotes on life design and transformation. She is the go-to person for career transition. Adria is a leading consultant for presentation skills, strategic communication and personal and professional development.

Adria has been on the faculty at New Jersey City University since 2003. She designed and presented programs for, among others, Duke University, the National University of Singapore, Dubai English-speaking School and Northwestern University. Adria was an award-winning singer and actor for 25+ years. Her credits range from her world-renowned Carmen in Bizet's opera to *Family Guy*. For our troops in Desert Storm, from Shanghai to the Pacific Rim and from Cairo to Canada, Adria has performed throughout the world.