

## ADRIA FIRESTONE, PODCAST / MEDIA BIO SHEET

### Adria Firestone

#### The Reinvention Architect™ | Keynote Speaker | Voice & Presence Expert

Author of *You Are the Artist of Your Life*

#### Core message:

**Reinvention isn't inspiration. Presence isn't performance. Both are learnable skills.**

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#### Short Intro for Host

Adria Firestone is The Reinvention Architect™, a keynote speaker, voice and presence expert, best-selling author, and international award-winning performer. After decades on stages around the world and more than 20 years teaching voice, presence, and performance at the university level, Adria now helps women, leaders, and audiences reclaim their voice, identity, and authority so they can move through change with clarity, courage, and embodied presence.

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#### Longer Bio for Podcast / Media Use

Adria Firestone is The Reinvention Architect™, a keynote speaker, voice and presence expert, best-selling author, and international award-winning performer whose work bridges performance, reinvention, communication, and personal transformation.

For decades, Adria performed on international opera and musical theater stages, with appearances and engagements across major cultural centers worldwide. Her career includes opening the rebuilt Cairo Opera House with Houston Grand Opera, command performances for international dignitaries, a Carbonell Award for Best Actress in a Musical, Woman of the Year at the Spoleto Festival in Italy, and a television voice credit for *Family Guy*.

As a university educator, Adria has taught voice, acting, movement, speech for performance, and performance psychology for more than 20 years. Her students and clients have gone on to national recognition, major graduate programs, and high-visibility professional opportunities.

Today, Adria helps women, leaders, speakers, performers, and professionals navigate the moment when the life they built no longer fits. Through her Reinvention Architecture™ framework and her deep expertise in voice, presence, body, breath, and identity, she helps people stop performing who they used to be and begin leading from who they are becoming.

Her message is clear: reinvention is not starting over. It is coming home to your essence and your power.

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## Possible Interview Topics

### 1. When the Life You Built No Longer Fits

How to recognize the moment when success no longer feels aligned, and what to do next.

### 2. Presence Isn't Performance

Why true authority comes from embodiment, not image management.

### 3. Reclaiming Voice, Identity & Authority

How women and leaders can stop shrinking and begin speaking from who they really are.

### 4. Reinvention as a Learnable Skill

Why reinvention needs structure, not just inspiration.

### 5. Story, Song & Transformation

How music, performance, and lived experience can open the door to deeper change.

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## Suggested Host Questions

1. What does it mean when “the life you built no longer fits”?
  2. Why do high-achieving women often lose touch with their own voice?
  3. You say presence isn't performance. What's the difference?
  4. How did your performance career shape the work you do now?
  5. What is Reinvention Architecture™?
  6. Why is voice such a powerful part of identity?
  7. How can someone begin reclaiming authority when they feel invisible or uncertain?
  8. What role does song play in your speaking and transformational work?
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## Special Segment Option

Adria can open or close the interview with a short song excerpt when appropriate.

Her emerging performance keynote, **You Are the Artist of Your Life: A Performance Keynote**, blends story, song, and practical reinvention teaching to help audiences reconnect with voice, identity, and power.

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## Short Bio / 75 Words

Adria Firestone is The Reinvention Architect™, a keynote speaker, voice and presence expert, best-selling author, and international award-winning performer. With decades on stages around the world and more than 20 years teaching voice, presence, and performance, Adria helps women, leaders, and audiences reclaim their voice, identity, and authority. Her work blends reinvention, communication, performance, and embodied presence so people can lead from who they are becoming.

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## **50-Word Bio**

Adria Firestone is The Reinvention Architect™, a keynote speaker, voice and presence expert, best-selling author, and international award-winning performer. She helps women and leaders reclaim their voice, identity, and authority so they can navigate change with clarity, courage, and embodied presence.

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## **Contact / Links**

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**YouTube:** [youtube.com/@AdriaFirestone](https://www.youtube.com/@AdriaFirestone)

### **Free Gift / from my book:**

Start with *You Are the Artist of Your Life* / Read the First Chapter Free, go to:

<https://adriafirestone.com/book/>

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