

ADRIA FIRESTONE

The Reinvention Architect™ | Keynote Speaker

For women ready for their next chapter

When your life no longer fits, clarity is everything.

Adria Firestone leads engaging, discussion-based programs that help people reconnect with who they are now—and move forward with clarity, identity, and confidence.

These programs are designed specifically for community audiences, especially:

- Women navigating life or career transitions
- Adults seeking personal growth and clarity
- Individuals ready for their next chapter

Adria Firestone is a speaker and the NJ-based author of *You Are the Artist of Your Life*



Interactive, discussion-based programs designed for real connection and immediate impact.

Interactive Talk + Discussion

You Are the Artist of Your Life: Design Your Next Chapter

When your life no longer fits, this program gives participants a clear, practical framework to:

- Reclaim their voice and identity
- Understand what's changing
- Move forward with confidence

Interactive Experience

The Power of Breath: The Missing Skill Behind Presence & Performance

Most people don't realize how quickly they can reset their focus and confidence. This program teaches simple, powerful tools to:

- Reduce stress and overwhelm
- Improve clarity and focus
- Strengthen communication and presence

Talk & Guided Reflection

Navigating Life Transitions: Clarity, Identity & Forward Direction

When life shifts unexpectedly, it's not just change—it's identity. This program helps participants:

- Understand what's changing beneath the surface
- Regain clarity and direction
- Move forward without feeling lost or stuck

Why These Programs Work

Adria's work is grounded in decades of international, award-winning performance, more than two decades teaching voice, presence, and performance at the university level, and years of coaching speakers, professionals, performers, and leaders.

Her sessions create real-time, visible shifts in how people think, speak, and show up, so audiences don't just understand the work. They experience it.

This is not a lecture.

It's an experience your audience will feel immediately.

Bring Adria to Your Library

**Program Formats: 45-60 min. talk,
60-90 interactive workshops**

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"A force of nature—brilliant, dynamic, and unforgettable."

— John Hoomes, General & Artistic Director, Nashville Opera