

ADRIA FIRESTONE

The Reinvention Architect™

An engaging experience for women ready for their next chapter

When your life no longer fits, clarity is everything.

Adria Firestone leads engaging, interactive experiences that help people reconnect with who they are now—and move forward with confidence, clarity, and direction.

Audiences consistently describe these programs as engaging, energizing, and deeply relevant. These programs are designed specifically for:

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



This is not just a talk—it's an experience your members will feel immediately.

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 Firestone brings:

- 40+ years of international award-winning performance experience
- 20+ years developing leaders, professionals, and performers

Her programs create real-time, visible shifts in how people:

- think | speak | show up

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

Let's create an experience your members will remember long after the event. Ideal for:
Monthly meetings • Women's events • Leadership programs • Retreats • Guest speaker programs

Bring Adria to Your Organization

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

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A force of nature—brilliant, dynamic, and unforgettable.
— John Hoopes, General & Artistic Director, Nashville Opera