

Melanie Rhora

Award-Winning Author | Speaker | Women's Empowerment Specialist

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TITLE: *From Good Girl to Goddess*

Reclaim Your Voice, Trust Your Wisdom & Own Your Power

For strong, capable women who spend their lives putting others first and are ready to release self-doubt, own their voice, and step into their power.

**FEATURED
SPEAKER:**

Melanie Rhora

Triple Award-Winning Author of The Phoenix Path™: A Woman's Guide to Healing, Rebuilding, and Rising Stronger

Co-Host of Goddess Questions™, a podcast helping women reconnect with their inner wisdom through ancient stories and powerful questions.

Testimonial:

Melanie immediately captures the audience with her energy, charm. She uses examples of her failures, successes, and perseverance to both move and motivate.

~ Sara Clarke, London Ignite Conference for Women

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Talk Summary

For generations, women have been taught to be good girls. Be agreeable. Don't make waves. Put others first. Smile, accommodate, and keep the peace, even when it means ignoring their own needs.

But what happens when being the "good girl" comes at the cost of your own voice?

In this engaging, personal, and experiential presentation, award-winning author and speaker Melanie Rhora explores how the expectations we've learned to live by can quietly disconnect us from our intuition, desires, and sense of self.

Weaving together personal experiences, ancient goddess stories, moments of humour, and a practical self-trust exercise, Melanie invites women to recognize the invisible rules they've been following, reconnect with their inner wisdom, and step beyond the Good Girl Script.

Through a powerful embodiment experience, women are invited to awaken their inner Goddess, feel the strength of their own voice, and discover what becomes possible when they begin trusting and honoring themselves.

Because being a good woman should never require abandoning yourself.

Key Takeaways:

- 🔥 Identify the 'Good Girl' conditioning that keeps you playing small.
- 🔥 Gain clarity on what your inner voice is telling you, beyond fear and self-doubt.
- 🔥 Learn how to honor your needs without apology or guilt.
- 🔥 Reclaim your inner power and find the courage to make your voice heard.

Session Length Options & Gift For Attendees

This session is delivered according to your event needs – from 10 minutes up to two hours in length.

All attendees at keynote events booked for 45 minutes or more will receive a complimentary digital copy of The Phoenix Path to continue their journey after the session.

Host Introduction for

From Good Girl to Goddess

If you've ever said yes when you wanted to say no, kept the peace at the expense of your own needs, or wondered when your voice stopped mattering, then you're about to meet someone who understands exactly how that feels.

Melanie Rhora is called many things...

- A triple award-winning author;
- A mentor for women ready to reclaim their voice and power;
- A guide for those ready to break free from expectations, self-doubt, and the need for approval.

I call Melanie a living example of what happens when a woman stops living by everyone else's rules and begins trusting her own inner wisdom.

- She helps women recognize the hidden patterns that keep them stuck and overwhelmed;
- Teaches them how to set boundaries without apology or guilt;
- Guides them to reconnect with their inner fire and rise as their truest selves.

Melanie knows this journey firsthand. After years of putting everyone else's needs first, pushing through overwhelm, and losing her home to a devastating fire, she began questioning everything she thought she was supposed to be. Today, she helps women rediscover their own voices and find the courage to trust them.

Her message has transformed countless lives, and I know it will inspire and empower you as well.

Her talk today is called:

From Good Girl to Goddess

Reclaiming Your Voice, Trusting Your Wisdom & Owning Your Power

Please join me in welcoming,

Melanie Rhora!

Speaker Intro & Talk Summary

Melanie's Long Bio (For Print & Speaker Sheets)

Melanie Rhora knows what it's like to look like you've got it all together while quietly unraveling inside.

Before becoming an award-winning author and retreat leader, Melanie spent over 15 years as an in-demand business strategist. But behind the scenes, she was overwhelmed by the pressure to be everything to everyone. Silencing her own needs in the name of success. Wondering why, despite everything she'd built, it still didn't feel like enough.

Her breaking point came when an adrenal crash and a devastating house fire shattered the illusion of success. She realized she hadn't built a life that supported her. She had built a cage that kept her small.

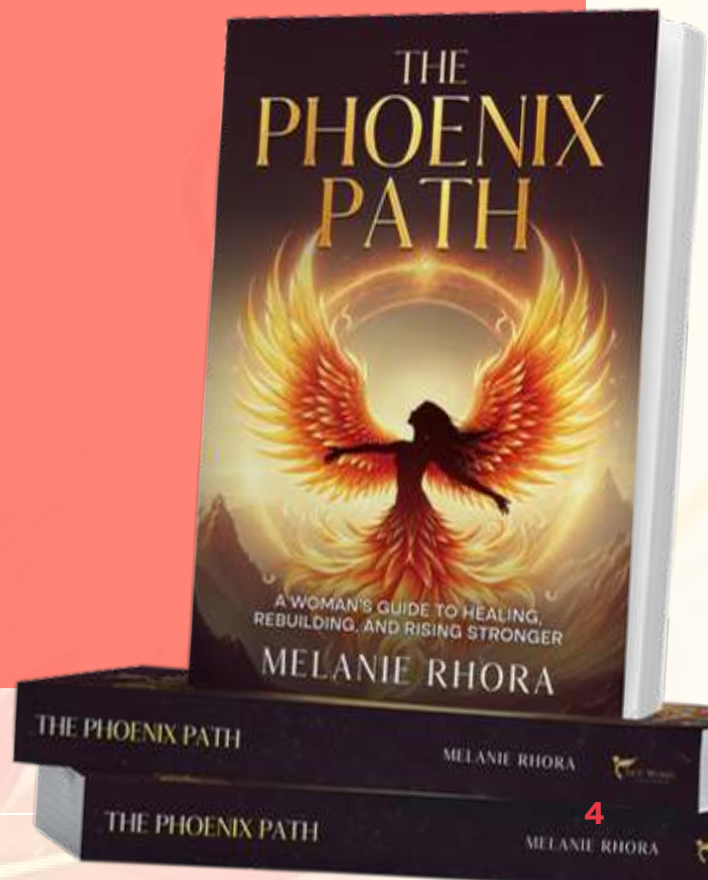
From that reckoning, she rose and rebuilt her life: her home, her confidence, her relationships, and her identity, creating a life that supports who she is now and inspires who she is still becoming.

Today, Melanie is a trauma-informed facilitator, creator of The Phoenix Path, and co-host of Goddess Questions™. Through powerful stories, meaningful questions, and transformational experiences, she helps women recognize the patterns that keep them stuck, reconnect with their inner wisdom, and find the courage to honor their needs, reclaim their voices, and create lives that truly reflect who they are.

Melanie's Short Bio

(For Print & Speaker Sheets)

Melanie Rhora knows what it's like to look like you've got it all together while quietly unraveling inside. After experiencing overwhelming exhaustion and losing her home to a fire, she rebuilt her confidence, relationships, business, and sense of self. Now an award-winning author, trauma-informed facilitator, and co-host of Goddess Questions™, Melanie helps women reconnect with their inner wisdom, honor their needs without guilt, and find the courage to reclaim their voices and create lives that truly reflect who they are.



Possible Questions For Interviews:

- You speak about how women learn to follow the "Good Girl Script." Can you share a little about your own journey and when you first realized how often you'd been silencing your own needs?
- What was the hardest part about letting go of the life you thought you should be living?
- Your keynote is called "From Good Girl to Goddess." What does that transformation mean to you?
- How can someone recognize if they're unconsciously following this script in their own life?
- What are some of the hidden costs of people-pleasing and self-sacrifice that women don't always realize?
- Many women struggle with speaking their truth. What are some of the biggest fears holding them back?
- What's one simple but powerful step a woman can take today to start reclaiming her voice?
- Boundaries are a big part of stepping into our power, but they can feel so hard. What advice do you have for setting them without guilt?
- You teach women to listen to their head, heart, and gut when making decisions. How does this exercise help them reconnect with their inner wisdom?
- You're also the co-host of Goddess Questions. How does exploring goddess stories and asking powerful questions help women discover something new about themselves?
- What's one small step a woman can take today to stop playing the Good Girl and begin embracing her inner Goddess?