Speaker Intro & Talk Summary

Melanie Rhora

Best-Selling Author | Speaker | Phoenix Path Facilitator

www.thephoenixpath.net

TITLE:

Ashes to Ascent

Ignite Your Inner Fire and Soar Beyond Overwhelm

For women who've spent years holding it all together—and are finally ready to step out of the ashes, set boundaries, and rise like a phoenix into their own power.

SPECIAL GUEST:

Melanie Rhora

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

CEO of **Ascend Empowerment Group Inc.**
- inspiring women through transformative leadership programs and retreats

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

Talk Summary

For too long, women have been taught to keep it together at all costs—to stay agreeable, overdeliver, and set themselves on fire to keep everyone else warm. But what happens when the life you've worked so hard to hold up begins to crumble under the weight of exhaustion and self-sacrifice?

After years of pushing through overwhelm, ignoring her own needs, and carrying the weight of others' expectations, bestselling author Melanie Rhora found herself standing in the ashes of everything she thought she was supposed to be.

In this transformational talk, she shares her own Phoenix Path™—a journey of releasing old identities, reclaiming self-trust, and rising stronger than ever before. With powerful stories, simple practices, and unflinching honesty, Melanie guides women to recognize what's no longer sustainable, ignite their inner fire, and begin the ascent toward a life rooted in self-trust, clarity, and freedom.

Key Takeaways:

- Recognize the hidden beliefs and patterns that keep you stuck.
- Gain clarity on what truly matters and let go of what no longer serves.
- Learn how to set boundaries without apology or guilt.
- Reconnect with your inner power and rise as your truest self.

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 Ashes to Ascent"

If you've ever felt like you had to hold it all together, overdeliver, or keep the peace while your own needs quietly burned away—then you are about to meet someone who understands exactly where you've been.

Melanie Rhora is called many things...

- A bestselling author
- A mentor for women ready to reclaim their voice and power
- A guide for those who are ready to rise—from exhaustion, self-doubt, and the weight of everyone else's expectations

I call Melanie a living example of what it means to escape the ashes of a life that was burning down around her and rise into a life filled with purpose, freedom, and joy.

- 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 pushing through burnout and losing everything she thought defined her, she had a choice: stay in the ashes or rise stronger, freer, and more alive than ever. Today, she teaches women how to do the same.

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

Her talk today is called:

From Ashes to Ascent:

Ignite Your Inner Fire and Soar Beyond Overwhelm

Please join me in welcoming,

Melanie Rhora!

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

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

Before becoming a bestselling author and sought after retreat leader, Melanie spent over 15 years as a in-demand business strategist...but behind the scenes, she was burning out. 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 both 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 everything: 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.

Now a trauma-informed facilitator and the creator of The Phoenix Path, Melanie supports women who are ready to reclaim their voice, rebuild their inner foundation, and stop sacrificing themselves to keep the peace. She helps high-capacity women recognize the patterns that keep them stuck in survival mode and offers practical tools to set real boundaries, reconnect with their inner wisdom, and rise stronger from the ashes of what no longer fits.

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 burning out and losing her home to a fire, she rebuilt everything- her confidence, her relationships, her business, and herself. Now a trauma-informed facilitator and creator of The Phoenix Path, she helps high-capacity women stop abandoning themselves, set real boundaries without guilt, and rise stronger from the ashes of what no longer fits into lives that finally feel like their own.

Possible Questions For Interviews:

- You talk about rising from the ashes—can you share a bit about your own journey and what finally made you realize it was time to let the old version of yourself burn away?
- What was the turning point that helped you see your overwhelm wasn't just about doing too much—it was about losing touch with who you really were?
- So many women function on the edge of burnout without realizing it. What are some of the quieter signs that we might be living in survival mode?
- How does the pressure to hold everything together actually disconnect us from our inner fire and our sense of purpose?
- What is the difference between setting true, healthy boundaries and just putting up walls—and why do you think so many women find this challenging?
- Can you explain how the roles we take on—caretaker, overachiever, peacekeeper—can slowly turn into cages that keep us stuck?
- What are some of the fears that keep women standing in the ashes of what's no longer working, even when they know they need to rise?
- What's one powerful question a woman can ask herself today to begin reconnecting with her own fire and truth?
- You use the Phoenix as a central symbol in your work. Why is that image so powerful for women in the process of healing and rebuilding?
- You created The Phoenix Path to guide women through this transformation. What can someone expect when they read your book or attend one of your circles or retreats?
- If someone listening right now feels like they've lost themselves under the weight of responsibility, what's the first thing you'd want them to hear?