

Phaedra La Reine

Speaker | Author | Speakerscoach | Happiness expert
Lisa Nichols Certified Transformational Trainer

“Engages, inspires and ignites actions”



www.lareinecoaching.nl



About Phaedra

A powerful and inspiring speaker and coach with Curaçaoan roots. As a Lisa Nichols Certified Transformational Trainer, happiness coach, and founder of La Reine Coaching and Vibes & Voices, Phaedra empowers organizations, teams, and individuals to live and work with greater confidence, energy, and joy.

With a background as a real estate professional and public speaking coach, Phaedra knows exactly how to create impact with a message. After a successful career in real estate, a personal turning point inspired her to follow her true mission: contributing to a world filled with happiness and resilience.

She trained with world-renowned institutions such as Motivating the Masses (Lisa Nichols) and Yale University, specializing in life coaching, stress and burnout prevention, positive psychology, DISC & motivational analysis, and neuro-transformation. Phaedra has a unique gift for translating global insights into approaches that resonate with Dutch language and culture.

What sets her apart is the combination of lived experience, science-based methods, and her natural talent for creating order out of chaos. She engages and activates her audience with practical tools, relatable stories, and a powerful stage presence.

Phaedra speaks on both national and international stages, delivers masterclasses and workshops, and collaborates with schools, foundations, and companies seeking sustainable change. Whether it's a keynote, an interactive training, or an inspiring lecture, Phaedra makes sure her message resonates and sparks real transformation.

The only Lisa Nichols Certified Transformational Trainer in The Netherlands

Lisa Nichols, globally recognized as one of the most sought-after speakers and empowerment experts, has inspired more than 110 million people with her message of resilience and purpose. As CEO of Motivating the Masses, best-selling author, and media personality (featured on Oprah, The Today Show, and more), she transforms lives and organizations through her powerful workshops and storytelling.

Phaedra La Reine trained extensively with Lisa Nichols and Sean Smith, and as the only Dutch speaker to be certified as a Lisa Nichols Certified Transformational Trainer, she brings these same powerful methods and international insights to her audiences delivered in English or seamlessly adapted to the Dutch language and culture.



Experience & Media

On stage

- Speak & Write - Lisa Nichols (USA)
- Mega Success - JT Foxx (USA)
- The RePurposed Woman - Ene Obi (GB)
- Stichting Sisters in Zaanstad (NL)
- Stichting Zwarte Vrouwen voor Technologie (NL)
- Vibes & Voices (NL)
- Mezrab Storytelling night (NL)
- Toastmasters De sprekersgilde (NL)
- Share Your Mission - Sara Bruinsma (NL)
- Fredrick's women club - The Candel Salon (NL)
- The Eyes Assembly Network group (NL)

Radio / TV

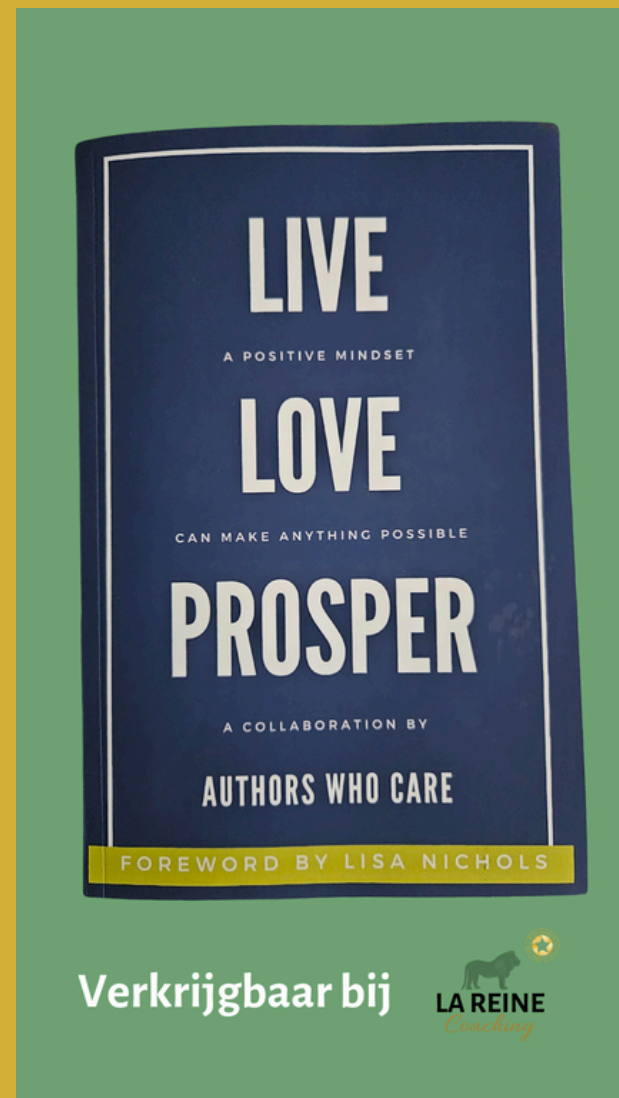
- Harriet Tubman show (USA)
- Onepowerrr - Caribbean FM (NL)

Podcasts

- FanTarstisch (NL)
- Loopbaanverhalen (NL)
- Maria Bradfield (USA)



Publications



Key topics

Authentic Leadership

Leading from your true self, with clarity and integrity

Authentic leadership builds trust, fosters connection, and drives sustainable results. Phaedra demonstrates that powerful leadership starts with yourself and that true influence grows from sincerity and integrity.

Key Takeaways

- Lead with values and vision
- Build and sustain trust within teams
- Make decisions with integrity and impact

The Happiness Advantage

Creating thriving teams and organizations through well-being and positive psychology

Happy people are more productive, creative, and engaged. Phaedra translates insights from the science of happiness into practical strategies for leaders and professionals who want to drive lasting success.

Key Takeaways

- The science behind happiness and well-being
- Practical steps to boost energy and motivation
- How to create a workplace culture where people thrive

The Power of Words

Using communication and storytelling to inspire, influence, and create lasting impact

Words have the ability to inspire, connect, and guide. Phaedra teaches leaders, entrepreneurs, and professionals how to deliver their message with power and confidence whether on stage or in front of their teams.

Key Takeaways

- Craft stories that resonate and stick
- Master speaking techniques for persuasion and impact
- Engage audiences and teams actively with your message

“Happy people are more successful in everything they do”



*"Phaedra vertelde een heel mooi,
inspirerend verhaal dat mij bij blijft"*
Sara Bruinsma - TEDx coach

Target Audiences

- Companies & Corporate Teams
- Women's Networks
- Educational Institutions
- Non-Profit Organizations
- Entrepreneurs

Impact

- Improved Collaboration
- Increased Motivation
- Sustainable Behavioral Change
- Greater Self-Confidence



Book Phaedra La Reine via
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