

Phaedra La Reine

Keynote Speaker | Voice Activation Coach | Author
Lisa Nichols Certified Transformational Trainer

“Engages, inspires and ignites actions”

Stop playing small. Use your voice.





About Phaedra

Phaedra La Reine is a keynote speaker and Voice Activation Coach. She helps people stop playing small and use their voice. Not only on stage, but also in their lives, careers and relationships.

After a successful career in real estate, she reached a point where one question became impossible to ignore:

Why am I not fully living as the person I truly am?

That question became the starting point of her life's work.

As a Lisa Nichols Certified Transformational Trainer, Phaedra combines powerful international methodologies with her own life experience. She makes complex inner processes practical, tangible and immediately applicable.

Her style is clear, honest and challenging, without ever losing compassion. She has a unique ability to uncover where people hold themselves back and show them how to move beyond it.

No motivational hype. Real transformation.

On stage, she turns personal insights into relatable stories and practical tools, so audiences don't just listen, they leave ready to take action.

Internationally trained. Deeply grounded.

Phaedra is the only Lisa Nichols Certified Transformational Trainer in the Netherlands.

She was trained by one of the world's most influential speakers in the fields of personal growth and leadership. While this international methodology forms the foundation of her work, her true strength lies in how she brings it to life.

Not through grand ideas or distant concepts.
But by making it deeply relevant to the people in the room.

She combines this internationally recognized approach with her own voice, life experience and authenticity, creating experiences that don't just inspire, but truly resonate.



Experience & Media

Phaedra has spoken on both national and international stages and has collaborated with a wide range of organizations, networks and communities.

From intimate gatherings to larger conferences, her strength remains the same: creating a space where people feel safe to show up as their authentic selves.

On stage

- Speak & Write - Lisa Nichols (USA)
- Mega Success - JT Foxx (USA)
- The RePurposed Woman - Ene Obi (GB)
- Sisters in Zaanstad Foundation (NL)
- Black Women in Technology Foundation (NL)
- Vibes & Voices (NL)
- Toastmasters The Speakers Guild (NL)
- Share Your Mission - Sara Bruinsma (NL)
- Fredrick's women's club - The Candel Salon (NL)
- The Eyes Assembly Network Group (NL)

Radio / TV

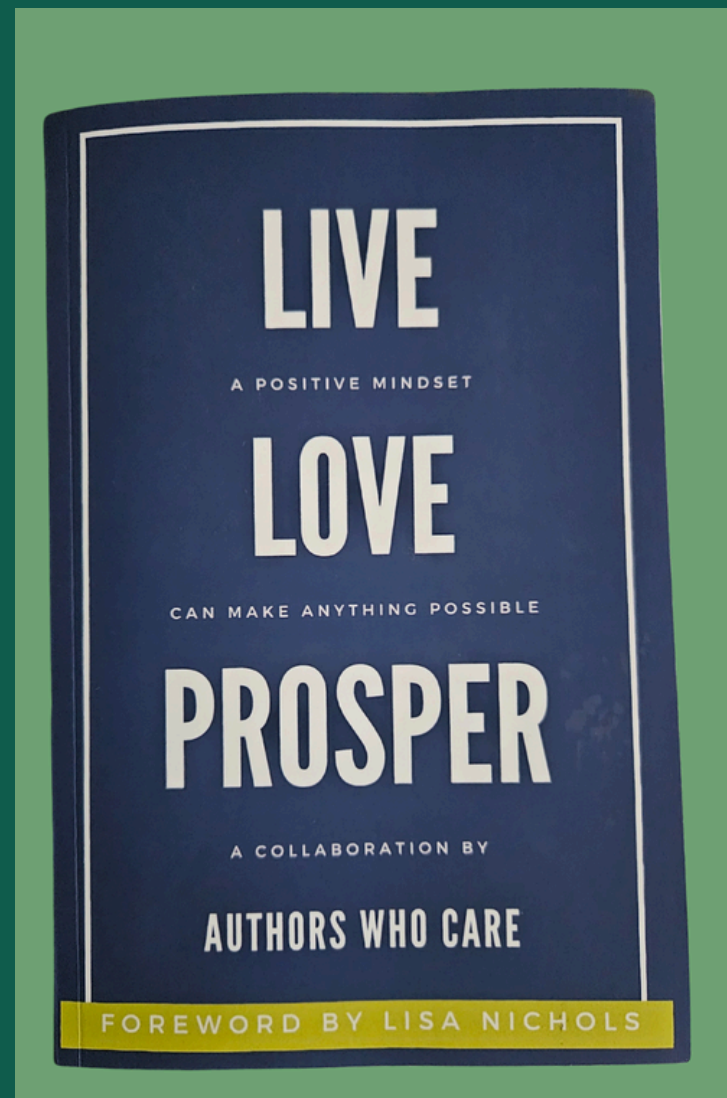
- Harriet Tubman show (USA)
- Onepowerrr - Caribbean FM (NL)

Podcasts

- FanTarstisch (NL)
- Loopbaanverhalen (NL)
- Maria Bradfield (USA)
- Empower with Janet (UK)



Publications



Signature topics

Stop Playing Small

Why we hold ourselves back and how to break free.

Many people know exactly what they want to say, but never say it. Fear, self-doubt and old patterns keep them from showing up fully.

Phaedra reveals where self-silencing begins and how to move beyond it.

Audience takeaway:

- Greater self-confidence
- Clearer decision-making
- The courage to stand fully in who you are

Use your voice

Speak with impact without losing yourself.

Your voice is more than the words you speak. It's how you show up.

Phaedra teaches audiences how to communicate from a place of inner confidence, so people don't just hear them, they truly connect with them.

Audience takeaway:

- Speak with confidence and impact
- Authentic visibility
- Greater influence without working harder

The V.O.I.C.E. Method

From inner blocks to visible impact.

Phaedra's signature method helps people build their voice from the inside out.

V – Voice Awareness
O – Own Your Story
I – Inner Alignment
C – Confidence
E – Embodied Presence

Audience takeaway:

- Lasting transformation that continues long after the event

“It's more than inspiration. It creates real movement.”



"Phaedra shared a powerful and inspiring story that has stayed with me."

Sara Bruinsma - TEDx Coach

Who I Speak For

- Companies
- Women's Networks
- Educational Institutions
- Non-profit Organizations
- Entrepreneurs

Audience Impact

- Speak up with confidence
- Make courageous decisions
- Gain clarity and direction
- Build greater self-confidence



Book Phaedra La Reine

Are you looking for a keynote that doesn't just inspire, but
creates lasting transformation?

Let's explore what's possible for your event.

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