

Speaker Intro & Talk Summary



Melanie Rhora

Best Selling Author | Speaker | Empowerment Expert

www.phoenixpathtransformations.com

TITLE: **Burning the Good Girl Script: How to Reclaim Your Voice & 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.

SPECIAL GUEST: **Melanie Rhora**

Author of: *The Phoenix Path™: A Woman's Guide to Healing, Rebuilding, and Rising Strong* and *With Grace & Grit: Inspirational Stories for Entrepreneurial Women*

CEO of **Phoenix Path Transformations** ~ empowering women through transformative leadership programs and retreats

For too long, women have been conditioned to be agreeable, self-sacrificing, and easygoing—at the cost of their own needs, dreams, and power. But what happens when the life you've carefully built **goes up in flames—literally and figuratively?**

After years of pushing through burnout, ignoring her own needs, and carrying the weight of everyone else's expectations, **Melanie Rhora's life came to a screeching halt when she lost her home to a devastating fire.** That moment wasn't just about losing belongings—it was a reckoning, forcing her to confront the ways she had **buried her own desires, silenced her own voice, and sacrificed herself in the name of being “the good girl.”**

In this transformational talk, Melanie shares the powerful lessons from her own **Phoenix Path™**, guiding women to recognize the **hidden scripts that keep them playing small**, release guilt and self-doubt, and **reclaim their voice and personal power with confidence and courage.**

Key Takeaways:

- 🔥 Identify the 'Good Girl' conditioning that keeps you playing small.
- 🔥 Learn how to set boundaries without guilt or fear.
- 🔥 Discover the power of reclaiming your voice and trusting your inner wisdom.

This session is delivered according to your event needs – from 15 minutes up to two hours in length

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🔥 Host Introduction for "Burning the Good Girl Script"

If you've ever felt like you had to **hold it all together**, say yes when you wanted to say no, or **put everyone else first at the expense of yourself**, then you're in for something special with our next guest.

Melanie Rhora is called many things...

- **A Women's Empowerment Expert**
- **A mentor for women ready to reclaim their voice and power**
- **A guide for those who are ready to rise—stronger, bolder, and more authentic than ever.**

I call Melanie a **powerhouse of wisdom and courage!**

- She helps women recognize the **hidden conditioning** that keeps them playing small,
- Teaches them how to **set boundaries without guilt**, and
- Guides them to **step into their full power and speak their truth with confidence.**

Melanie knows this journey personally. After **pushing through burnout** and **losing her home to a devastating fire**, she had a choice: stay in the ashes or **rise stronger than ever**. Today, she teaches women how to do the same.

Her message has transformed countless lives, and I know it will transform yours, too!

Her talk today is called:

"Burning the Good Girl Script: How to Reclaim Your Voice & Power."

Please join me in welcoming **Melanie Rhora!**

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

Melanie Rhora is an empowerment expert, author, and mentor who guides women on the journey to **reclaim their voice and power** after burnout, self-doubt, and life's unexpected upheavals.

A former business strategist who built a multi-six-figure consulting company, **Melanie's own journey took a dramatic turn** when burnout and a devastating house fire forced her to **confront the ways she had silenced her own needs and desires** in pursuit of success. From the ashes of that experience, she rose stronger—choosing to dedicate her life to **helping other women do the same**.

As the founder and CEO of **Phoenix Path Transformations**, she leads **powerful women's circles, retreats, and leadership programs** designed to help women break free from conditioning, step into their authenticity, and rise into the life they were meant to live.

Melanie is the author of **The Phoenix Path: A Woman's Guide to Healing, Rebuilding, and Rising Strong**, where she shares the transformational framework she uses to help women recognize what's holding them back, release limiting beliefs, reclaim their power, and rise fully into their truth.

When she's not leading circles or speaking at events, you can find her **walking along the beach, traveling to new places, or enjoying deep conversations over a cup of tea**.

🔥 Melanie's Short Bio (For Print & Speaker Introductions)

Melanie Rhora is a **Transformation Trailblazer**, author, and the founder of **Phoenix Path Transformations**—where she helps women break free from self-doubt, reclaim their voice, and step fully into their power. After experiencing extreme burnout and losing her home to a fire, Melanie chose to rise stronger, and now she teaches other women how to do the same. She is the author of **The Phoenix Path: A Woman's Guide to Healing, Rebuilding, and Rising Strong**, and she leads **powerful women's circles, retreats, and leadership programs** to help women create a life that aligns with their true selves.

🔥 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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Possible Questions For Interviews:

- You talk about burning the "Good Girl" script—can you share a bit about your own journey? How did burnout and your house fire serve as a wake-up call for you?
- What was the hardest part about letting go of the life you thought you should be living?
- What exactly is the "Good Girl" script, and how does it keep women stuck?
- 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 say that challenges can be our greatest teachers—how can women shift their mindset to see struggles as opportunities for growth?
- Your talk is about burning the old stories that no longer serve us—can you share a real-life example of what that process looks like?
- You've created The Phoenix Path to help women through this transformation—what can someone expect from your book and circles?
- If someone is listening right now and feels stuck in their own "Good Girl" script, what's the first thing they should do?