

Rachelle Sylvain

"Master Igniter"

Empower Women With The Tools & Motivation They Need to
Become Their Most Fulfilled Selves

SHORT BIO

Rachelle Sylvain-Spence, LMSW-CPC is a dynamic change agent and multidisciplinary professional speaker and life strategist. Her pursuits share a common thread in her desire to ignite, uplift and motivate all to the potential of a great life.

Rachelle is the founder of R-Motivation, a life strategy and consulting company. Rachelle strongly believes that the journey towards a balanced life and extraordinary results starts with self discovery.

Rachelle has also created "The Backyard" a web talk show and written "mienegri", a guide designed to provide a stepwise path to self growth.



SPEAKING TOPIC

TAKE CHARGE OF YOU | the power to keep going

I reveal the secrets to successful self-discovery.

When we face hardship in our lives, we assume. We assume that we're stuck between a rock and a hard place. We assume that we've got to go THROUGH it to get through it. We assume that if we just let things play out and keep pushing, things will change.

But what happens when it doesn't?

Your audience is no stranger to that. In fact, I'm willing to bet that when it comes to getting through tough times, all they do is push through. They're resilient. They're strong. They're the everyday superheroes in their lives - the mothers, the career women, the entrepreneurs, the big sisters, the wives, and so much more.

But deep down, no matter what hardship they've been through, they feel as if they've been rocked down to the core of their very being.

It doesn't need to be like that. You see, the women in your audience are forgetting this one thing when it comes to finding their way out from in between a rock and a hard place:

THE POWER OF SELF DISCOVERY



Rachelle Sylvain

Life Strategist



TAKEAWAYS

Here's what my words will help them do:

- Rediscover who they are - beyond what society tells them they should be
- Illuminate what God and the Universe is telling them
- Make their inner core strengths shine brighter than any star, any hard time, and any fool's gold
- Step out of the darkness and into their purpose with joy and intention
- Take charge of themselves through the power of self-discovery

ABOUT ME

TAKE CHARGE OF YOU | the power to keep going

- I'm a survivor of civil unrest, a plane crash and business failure. Yet, not once have I allowed myself to become a victim of my circumstances. Instead, with humility and grace I have grown and become more grounded in myself and in my purpose. Now, years later I'm a successful motivational speaker, author of "mienergi" and a self discovery coach. I've mentored and taught students and women to embrace their challenges as the blueprint of their lives success, and to increase their productivity by learning to connect with their voice, stand in their truth and show up authentically.

CONTACT INFORMATION

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CLIENT LIST

Performance Edge Dance complex (PEDC)
Broward county schools district -Equity & Diversity department
Women of Weston
Miramar and Pembroke Pines Chamber of commerce chapter
Weston Chamber of commerce chapter (Keynote speaker IWD)
Women of Tomorrow (Mentorship and scholarship program)
Sip and Sparkle
Premier Martial Art Weston "women self defense workshop"
Dr Ibis Brito & associate webinar
NAPW -Boca chapter
Honeybee Hygiene and Sanitation Education Organization
Mary Kay women in Leadership Training
Medpro healthcare Staffing workshop
R-Motivation Spring into you workshop
R-Motivation Power of Love workshop
The backyard Chat with Rachelle (show)
Unleash your legacy summit
Love your Life Rock your business summit
The women international, the circle christmas edition guest speaker
You got this podcast
Tals's tips Empowerment Podcast
Super charge sunday live (FB) with Emily
We work wednesdays live (FB) with neeshashasnetwork
Ideas and Leaders Podcast with Dr. Elena Paweta
Practice makes purpose guest speaker