



Fredah Mainah, PhD: Global Self-Leadership Coach and Keynote Speaker

<https://speakerhub.com/user#269-250-0773>

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Keynote Title: Self-Leadership Series for Emerging Leaders: From Burnout to Thriving

 **Book:** <https://calendly.com/fredah-mainah>

Speaker Abstract

Lead Yourself First: Why Self-Leadership is the Future of Leadership.

Where inner wisdom meets transformational strategy.

Great leadership starts from within, and spirals outward through intention, awareness, and aligned inspired action. In a noisy world driven by external leadership, titles, and validation, one truth remains timeless: *The first person you must learn to lead is yourself. Dr Fredah grew up feeling unseen and undervalued. This is the story of a person who embodies the journey from invisible girl to visible voice.* This powerful and deeply personal keynote explores *Self-Leadership* — not just as a skill for professionals — but as a non-negotiable *life value* for every human being navigating change, uncertainty, ambition, and personal growth. Drawing from her own extraordinary journey — from a young girl shaped by cultural expectations to a globally recognized professor, Member of National Speakers' Association, listed on Marquis Who is Who in America, a CEO, and author — Fredah Mainah, PhD challenges the audience to rethink leadership from the inside out to avoid burn out and become a thriving authentic leader. This talk is both a wake-up call and a roadmap, with a framework that works like a GPS. It speaks to anyone who has ever felt stuck, overwhelmed, burnt out, or disconnected from their own power — reminding them that true leadership doesn't start with managing others; it starts with mastering *you*. Through powerful storytelling, practical insights, and deeply reflective moments, Dr Fredah invites the audience to reclaim self-leadership as the most transformational form of leadership.

Audience Takeaways:

- Learn 5 core practices that great self-leaders cultivate daily.
- Discover how to align your inner life with your outer results.
- Reflect on personal habits, mindset patterns, and beliefs that either lead you — or limit you.

Learning Outcomes

- Learn techniques on how to avoid burnout
- Gain lasting skills for a balanced and aligned life
- Experience a soul-level reminder that life alignment is connection to Own Voice, Power, and Purpose
- Learn how to move from self-awareness to legacy integration using the six stages of Dr. Fredah Mainah's signature self-leadership model.
- Discover how to align your inner life with your outer results.
- Reflect on personal habits, mindset patterns, and beliefs that either lead you — or limit you and lead to burn out.

References:

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