

Four keynotes. One destination.

Each talk is a different way in—through disappearing, presence, reinvention, or faith. All lead toward helping women stop ghosting themselves and re-author their second act.

Meet Rachel Harris

Rachel Harris is the JOY Coach, a Life Story Strategist, speaker, and New York Times & USA Today bestselling author of 11 novels. She helps women stop disappearing from their own lives and become the leading ladies of their next chapter. Her sessions combine story, practical tools, candid humor, and opportunities for reflection.

Speaking & workshop experience

Author conferences and book events; libraries; school and high-school events; homeschool groups; moderated and facilitated roundtables. Workshop presenter at the Typeish Summit, an international event with 4,000+ attendees from 78 countries (prerecorded session).

What audiences can expect

- An engaging, story-driven session with practical takeaways
- Language for recognizing patterns that keep women quiet or on autopilot
- Concrete next steps participants can try in everyday life

Choose the right session for your audience

Good Girl Ghosting™ — recognizing and interrupting the everyday moments of disappearing.

The Unhidden Leading Lady — moving from supporting character to active participant.

Reclaim the Pen — re-authoring a second act without erasing what came before.

Why Good Christian Women Hide Their Light — a faith-rooted look at shrinking, gifts, and visibility.

Booking inquiries: RachelHarrisOnline.com

SIGNATURE TALK

Good Girl Ghosting™

Survival Skills to Stop Leaving Yourself on Read

Nobody taught us the emotional survival skills, like how to regulate, say the true thing, and claim our worth. So we improvised by disappearing. This talk opens with a name tag that said FAKE, names the ghost women have felt for years but couldn't say, and hands them the skills they were never taught.

THEY'LL LEAVE ABLE TO

- Catch the everyday moment they disappear, before the automatic yes
- Name four demons: conflict, feeling selfish, being judged, and guilt
- Practice the Goldilocks Line: not too soft, not too hard, just true
- Ask: “Am I showing up, or disappearing?”

Ideal for: Women's conferences, faith events, keynotes, TEDx-style audiences

The Unhidden Leading Lady

Stop Understudying Your Own Life

Somewhere along the way, she slid into a supporting role in her own story, holding everyone's coats while they had their big scenes. This talk walks her back to center stage, from performance to presence, using an author's tools for her real life.

THEY'LL LEAVE ABLE TO

- See the costume she's been wearing and the survival story behind it
- Reclaim the light she buried for being “too much”
- Use the Holy No that protects every Sacred Yes
- Step back into her story as the leading lady, witnessed and not alone

Ideal for: Women's conferences, retreats, leadership gatherings

Reclaim the Pen

& Stop Ghost-Writing Your Own Life

For the woman standing at the edge of her second act, wondering if it's too late. (Too old is nonsense.) With a bestselling author's craft, she learns to re-author her story without burning the book. This is reinvention that keeps every chapter.

THEY'LL LEAVE ABLE TO

- Cross out the line she's been reciting about herself and write the truer one
- See hard seasons as chapters, with no wasted seasons
- Read the wobble after a big change as proof she emerged
- Live her legacy now, not someday

Ideal for: Women's retreats, midlife and empty-nest events, multi-session bookings

MOST FAITH-ROOTED TALK

Why Good Christian Women Hide Their Light

A faith-rooted session

The good Christian woman's biggest struggle isn't hiding her darkness. It's hiding her light. This talk explores the Good Girl Code, the voice that twists the fruit of the Spirit into rules, and lifts the costume to free the Sacred Shimmer underneath.

THEY'LL LEAVE ABLE TO

- Spot where gentleness became "don't make anyone uncomfortable," kindness became "don't disappoint anyone," and faithfulness became "always say yes"
- Reclaim the God-given gift she was told to tuck away
- Leave with two questions: "Who told you that?" and "Is this Jesus, or judgment?"

Ideal for: Faith conferences, churches, women's retreats

Bring Rachel to your stage.

These topics can be discussed for keynote, workshop, panel, roundtable, or retreat formats. Session length, audience focus, and delivery format are confirmed with the organizer.

What event planners say

“Rachel Harris showcased her sparkling wit and demonstrable expertise as a featured speaker on four panels at the Baltimore Book Festival ... She is professional, poised and speaks with authority while being accessible, funny, and inspiring her listeners.”

— Lea Nolan, Maryland Romance Writers Event Coordinator, Baltimore Book Festival

“I had the privilege of watching Rachel Harris captivate the audience with her genuine warmth and infectious enthusiasm ... Rachel dismantled barriers with her approachable demeanor, and her heartfelt encouragement sparked not just enthusiasm but eager anticipation among the audience.”

— Mindy Ruiz, Utopia Convention Panelist Coordinator

Recent workshop feature

Typeish Summit — prerecorded workshop presenter: Why Good Christian Women Hide Their Light (and the Buried Gift Each Type Carries). The summit reported 4,000+ attendees from 78 countries.

To discuss availability, audience fit, session length, and event requirements:

RachelHarrisOnline.com

Organizer note: Talk descriptions and outcomes reflect the current speaking menu; the exact presentation can be tailored in consultation with the event team.