

Regina Cates

# Press Kit



Romancing  
your Soul





# About Regina Cates



## After a long, painful journey to unshackle her own life,

Regina began a life of full-time service in 2004, helping people create the most present, peaceful, compassionate, successful, caring, and meaningful lives. The organization she founded then, Romancing Your Soul, today is the source of inspiration for hundreds of thousands of people all over the globe who follow her on social media, download her courses and podcasts, and fill her events.

Leading with her heart, Regina uses the language of shared experiences to communicate universal truths in a down-to-earth manner. Her spot-on description of the human condition and instinct for unmasking ego inspires people to take responsibility for their actions, words and thoughts, creating beneficial change in their lives. Regina's passion is to help people master their mind so they can lead with their heart.

Until the moment she was ready to make the leap of faith and empower others full time, Regina's journey was fairly traditional. With a bachelor's degree in Education from Sam Houston State University in Texas and a master's in Public and Private Management from Birmingham-Southern College in Alabama, she's run corporations and not-for-profit organizations, managed large numbers of people, and led thousands in leadership training simulations.

Since then, her mission has been to help others lead with their heart, treating all people, no matter their differences, as each of us wants to be treated. Her whole-hearted enthusiasm, practical wisdom, and loving empathy are infectious making her exceptionally effective.



*To book Regina contact Bill at [info@romancingyoursoul.com](mailto:info@romancingyoursoul.com)*

# Regina Speaks



*Regina is available to speak on the following topics:*

## **Ego-Boxing Is A Choice**

A rude person enters a coffee shop, ignores the line and goes right up to the counter to order. We protest and are ignored. So does it make sense to waste time ego-boxing with others over their negative behavior when it is our behavior that shapes our life?

## **Love Makes Agreements, Ego Has Expectations**

There is a difference between an agreement that is entered into equally and an often unspoken and one-sided expectation. Great relationships are the ones where agreements are made.

## **For Better, Not Worse**

Healthy relationships have healthy boundaries. They are vital not only in the relationships we have with other people, but also in the behavior we want from ourselves.

## **A Life Filled With Drama Is Not That Entertaining**

Do you know anyone who seems to view everything through a negative lens? Of course, there is the negative in life, but we also have the choice to face life's challenges head on and deal with them positively.

## **To Really Love Others, Love Yourself First**

I know this concept is the opposite of what we may be taught. If you are like me, you were told loving yourself first is selfish. But loving ourselves first is not selfish, it is responsible. We'll talk about why.



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