

Regina V. Cates
Author. Advisor. Activist.

Speaker Media Kit

reginavcates.com



About Regina V. Cates



Regina V. Cates is an author, advisor, and activist who inspires people to lead with their heart and become the positive change they wish to see in the world. The tools Regina shares for leading with the heart resonate deeply with her followers around the world, because they grew out of her own excruciating experience. Life became a nightmare for Regina when, as a young girl, she realized she was gay and didn't fit in. Turning to her fundamentalist Christian church in Texas for love and acceptance, she was greeted with rejection and deemed unworthy. Self-loathing became a way of life as she endured repeated sexual abuse from a babysitter and then a physician. Yet one day, she woke up. She realized the angry-victim mentality was suffocating her and understood intuitively that only she had the power to change it. She let go of the past. Sharing her wisdom for creating a peaceful, compassionate, meaningful life, Regina has inspired thousands as a speaker at leadership training events. Her podcasts and social media also inspire hundreds of thousands of followers daily.

After an agonizing journey to unshackle her own life, Regina now lives a heart-centered life. This became a passion to be of service, and help people unshackle their own lives. In 2004 she founded Romancing Your Soul, hailed as an organization that lights a fire in others to create their best life. Her debut book, *Lead with Your Heart: Creating a Life of Love, Compassion, and Purpose* (2014), became an immediate international bestseller. In this self-help book/memoir, Regina provides a riveting description of the human condition and an uncanny instinct for unmasking ego. The book is still inspiring people today to make positive changes in their life and communities, as do her podcasts, which have been downloaded in more than 75 countries.

Regina's impact on the world has been undeniable. Her decades of experience as a highly effective spiritual/life coach, relationships expert, and virtuoso at leading with the heart have gained her a devoted following. Today she offers a keen understanding of the times we live in along with her profound, ever-unfolding insights on creating our best life.

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To book Regina contact Barbara@RomancingYourSoul.com

Regina Speaks



Imagining the Conversation Jesus Want Us to Have

No matter our religious affiliation or lack thereof, I believe the majority of us would jump at the opportunity to sit down with Christ. I also think it is a safe bet many of us would not imagine an exchange with him to be anything but a love-filled, mostly one-sided talk of peace, forgiveness, and goodwill. However, with all the turmoil, disinformation, and abuses of religious and political power in the world today, can we really think candid and honest Jesus would choose to stick with only polite and safe conversation? I don't believe so. He was not afraid to initiate hard, tough-love conversations. We shouldn't be either. Let's imagine the conversation Jesus wants us to have.

Create a Life of Love, Compassion, and Purpose

Today, I am creating an incredible life filled with love, compassion, and purpose. But I was not always the joyful, confident, and responsible person I am now. Learning to lead with my heart—that often hard-to-describe yet fully understood part of me where the positive guiding principles of a conscious life, such as responsibility, cooperation, and peacefulness originate—has transformed my life. It can transform your life too. Let's talk about how.

Why Ego-Boxing Keeps Us Unhappy

I learned there is a big difference between protecting ourselves or other people from physical harm and defending our ego (personal pride) against the rude actions of others. Regardless of how critical, self-centered, annoying, and offensive others choose to be, we do not gain anything by stooping to ego-box with them. Keeping the bad behavior train going doesn't make us joyful or more peaceful. It actually results in our being unhappy. So how do we deal with the rude, selfish, and annoying behavior of other people? I have a secret that will help you walk away from these types of exchanges and be happy with yourself.

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Social

Facebook @reginavcates - 450k followers

Instagram @reginavcates - 7k followers

YouTube @reginavcates - 100+k views

Substack reginavcates.substack.com

Podcasts



Downloaded in over 75 countries

Rated 5/5 stars on Apple Podcasts

Testimonials

"I can personally attest to how leading with my heart is helping me become a more centered, joyful, truthful, and fully alive person, accepting - and even embracing - my personal journey. Regina gives us tremendous gifts by sharing her heart."

- Sharmila Devar, actress, California

"Regina expresses one of the best understandings of Jesus the man of anyone I've encountered. She uses her story to lift up all oppressed and marginalized men, women, and children. And she uses Jesus as the example He intended to be when He gave us the template for what a Human truly is."

- Reverend Dick Dobbins, Danville United Methodist Church, Texas

"Regina challenges us to courageously evaluate and purposefully reflect on our life choices, while also encouraging and reassuring us that making the effort to do so will be an empowering experience that is well worth it."

- Gail D. Simon-Boyd, Ph.D., psychologist, Virginia

"Her perspective on the honest, vulnerable, and loving characteristics of Jesus show us how Christianity should foster a 'what Jesus would do' approach to loving and respecting one another. Regina offers a beautiful tribute to the heart of Jesus!" - Kristen Cannata, music industry, California

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"This book is like a note from a close friend."
—MARIANNE WILLIAMSON, #1 NY Times Bestselling Author of A Return to Love

LEAD WITH YOUR HEART

CREATING A LIFE OF
LOVE, COMPASSION,
AND PURPOSE



REGINA CATES

"Regina has done a huge service by lighting the path for us to reconnect with our heart. It's a must-read."

- Marci Shimoff,

#1 New York Times bestselling author

"Cates provides factual evidence that the heart is a wise spiritual organ that beats in rhythm to being true to oneself in a most noble way: living a heart-centered life."

*- Reverend Michael Bernard Beckwith,
founder of Agape Spiritual Center*