SPEAKER · AUTHOR · 3X OLYMPIC TRIALS QUALIFIER

La Kadron Ivery

La Kadron Ivery is a three-time Olympic Trials qualifier and faith speaker who teaches women, churches and student athletes to train their words with the same discipline champions bring to training their bodies.



3x	All-American	Hall of Fame	Baylor
USATF Olympic Trials Qualifier	Baylor University	Inductee	University Graduate
2004 · 2008 · 2012	Former school record holder	2023 Tyler ISD	Tyler, Texas native

Signature talks

Words Are Seeds: Speaking Life Over Your Life

Women's ministries, retreats and conferences

A faith talk for women who have carried words that were never meant to define them.

Train Your Words Like You Train Your Body

Student athletes, teams, coaches and athletic departments

An Olympic Trials qualifier on discipline, self-talk and the words athletes speak to themselves before, during and after competition.

Death and Life: The Power of the Tongue

Church services, conferences and keynotes

A Proverbs 18:21 keynote on how our words carry life, and how aligning them with God's Word changes what we build.

Better Words at Home

Parent and youth workshops, schools and youth groups

An interactive workshop for parents and young people on the words we use with each other, and the words we use on ourselves.

About

La Kadron Ivery is an author, speaker, mentor and high school track and field coach. A three-time USATF Olympic Trials qualifier, Baylor University All-American and graduate, former Baylor school record holder and 2023 Tyler ISD Hall of Fame inductee, she wrote The Power of the Tongue: Speaking Better Words Which Creates Better Chances to help readers replace harmful words with God's truth. A Tyler, Texas native, she lives in Oregon and is the proud mother of three.

Audiences

Churches & women's ministries, Student athletes & teams, Coaches & athletic departments, Youth groups & schools, Parents & families, Communities rebuilding after hurtful relationships.

Formats

Keynote, Workshop, Panel, Virtual. Book signings and bulk book packs available.

The book

The Power of the Tongue: Speaking Better Words Which Creates Better Chances (2019) · Paperback and Kindle on Amazon

Book La Kadron

thepowerofthetongue.org/speaking.html
Instagram @thepowerofthetongue_
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