

# LADY SYREN

Author • Spoken Word Artist • Feminine Healer

CULTURAL STORYTELLER  
CHAMPION OF FEMININE POWER



## ABOUT

Born and raised in Philadelphia, **Vee Allen**—poetically known as **Lady Syren**—is a spoken word artist, author, and healing arts advocate whose work centers Black womanhood and emotional liberation. Blending lived experience with a degree in Human Services, she creates transformative spaces where poetry becomes healing.

She's performed on national stages from **ODUNDE Festival** to **City Winery**, and is the author of **Crowned in Melanin**, a poetic tribute to Blackness, womanhood, and survival.

## PERFORMANCES & APPEARANCES



DENVER  
BLACK  
BUSINESS  
EXPO



## MISSION

To use poetry as a tool for healing, self-discovery, and empowerment—helping Black women and underserved communities reclaim their voice and power.

## VISION

To be a leading voice in creative wellness and poetic liberation, inspiring a global movement where words are used not just to speak—but to heal, to empower, and to free.

## SIGNATURE PROGRAMS: HEALING THROUGH WORDS

**Finding Your Voice: Teen Writing Workshop**

**Duration:** 90 minutes

A creative and confidence-building introduction to journaling, poetry, and self-expression for teen girls.

**HerStory : Teen Series**

**Duration:** 4 Weeks for 60 minutes

A guided writing journey that helps teen girls explore identity, emotional growth, and the power of their personal story.

**Healing Through Words: Adult Half-Day Intensive**

**Duration:** 3 hours

A deep, reflective workshop combining spoken word, guided journaling, and group dialogue to support emotional release and renewal.

**Crowned in Voice: Adult Empowerment Series**

**Duration:** 6-Weeks for 90 minutes

A transformational series for women ready to reclaim their voice, unpack trauma, and step into their power through writing and storytelling.

**The Sacred Pen: Performance + Writing Activation**

**Duration:** 60–75 minutes

A poetic keynote experience followed by a guided writing session designed to spark healing, creativity, and connection.

## TAKEAWAYS

- Voice Reclamation
- Emotional Release
- Creative Healing
- Confidence Building
- Identity Exploration
- Safe Expression
- Sisterhood Connection
- Self-Affirmation
- Mental Clarity
- Power Restoration
- Storytelling Tools
- Personal Empowerment
- Shame Release
- Purpose Discovery
- Writing Confidence
- Emotional Literacy

## GET IN TOUCH

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