



FEARLESS EMPTY NESTER™

Rebuilding Identity. Reclaiming Purpose. Becoming Her.



AUTHOR TALKS & LIBRARY PROGRAMS

Jessica Seiders | Author, Speaker & Creator of The FORGED Method™

ABOUT JESSICA



Jessica Seiders is the author of 'Fearless Empty Nester'. She became a mother at nineteen, and her daughter's father passed away when she was twenty-one. She built a long-standing corporate career, raised her daughter, and lived the life she thought she was supposed to live.

When her daughter left for college, she realized the life she had built no longer fit.

She sold nearly everything, traveled through 21 countries, and spent 15 months living in Bali while rediscovering who she was beyond the roles that had defined her.

Today, Jessica helps women navigate identity, caregiving, loss, the empty nest, and other major life transitions with honesty, clarity, and self-trust.

WHAT I BRING



Author of
Fearless Empty Nester



Founded San Diego Moms
of Adult Children



Built a 1,200+ member
community in year one



Traveled 21 countries
including 15 months in Bali
during the pandemic



Hosted more than 50 in-
person discussions and
events for women
navigating life transitions.



Local author and community
discussion facilitator serving
Southern Maine and the New
Hampshire Seacoast.



Facilitates local reader groups
and community discussions

SIGNATURE TALKS



Life After the Empty Nest

An honest and encouraging conversation about identity, purpose, grief, and rediscovering yourself when active motherhood changes.



Who Am I Now?

A broader community program for women navigating caregiving, career changes, loss, children leaving home, and other major life transitions.



Fearless Empty Nester

Jessica shares the story behind her memoir, reads selected passages, answers audience questions, and facilitates a discussion about rebuilding life after change.

IDEAL FOR LIBRARIES, BOOK CLUBS,
WOMEN'S GROUPS, AND
COMMUNITY ORGANIZATIONS

Let's Connect

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