



FEARLESS EMPTY NESTER™

Rebuilding Identity. Reclaiming Purpose. Becoming Her.



PODCAST GUEST ONE-SHEET

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

ABOUT JESSICA



Jessica Seiders became a mother at nineteen and a widow at twenty-one. She built a 15-year corporate career, raised her daughter, and did everything the way she thought she was supposed to, until her daughter left for college and she realized the life she had built no longer fit.

She sold everything she owned to travel the world, visited 21 countries, and spent 15 unexpected months in Bali during the pandemic while rediscovering who she was beyond the roles that had defined her.

What she found became The FORGED Method, a six-step framework for identity reinvention. Jessica is the award-winning author of Fearless Empty Nester.

WHY JESSICA



Award-winning author of Fearless Empty Nester



Creator of The FORGED Method



Founded a 1,200+ member community



Hosted 50+ in-person events for women in transition



Built a 15-year corporate healthcare career



Traveled through 21 countries, including 15 months in Bali

EPISODE ANGLES



Life After the Empty Nest

An honest conversation about identity, purpose, grief, and the question no one prepares women to answer after active motherhood changes: Who am I now?



The FORGED Method

A six-step framework for identity reinvention, rebuilding self-trust, and moving forward before everything makes sense.



I Sold Everything to Travel the World and Got Stuck in Bali

A candid conversation about radical reinvention, unexpected detours, and what spending 15 months in Bali during the pandemic revealed about identity, fear, and freedom.



IDEAL FOR PODCASTS ABOUT MIDLIFE, IDENTITY, MOTHERHOOD, CAREGIVING, GRIEF, TRAVEL, AND PERSONAL GROWTH



Let's Connect

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