

REBUILDING IDENTITY.
RECLAIMING PURPOSE. BECOMING HER.

FEARLESS EMPTY NESTER

Author | Speaker | Creator of The FORGED Method™

*Most women spend decades building a life around their roles.
When those roles change, nobody tells them who they are now.*

JESSICA SEIDERS

I became a mother at nineteen and a widow at twenty-one. I built a 15-year corporate career, raised my daughter, and did everything the way you're supposed to — until she left for college and I realized the life I'd built no longer fit. So I sold everything I owned, traveled solo through 20 countries, and spent 15 months in Bali figuring out who I was without the roles that had defined me. What I found became the FORGED Method™ — a framework for identity reinvention I now share with women navigating their own pivots. I'm the author of Fearless Empty Nester.

AUDIENCE BENEFITS

- Language for something they've been feeling but couldn't name — the grief of losing an identity, not just a person or a role
- Permission to be in the in-between without rushing to the next version of themselves
- A clear starting point for rebuilding — not a 10-step plan, but an honest first step

CREDENTIALS

- Author — Fearless Empty Nester (memoir)
- Solo traveler — 20+ countries, 15 months in Bali during the pandemic
- Published in — NextTribe, HuffPost (Coming Sept 2026)
- Events hosted — 50+ for women in transition
- TikTok following — 5K+ grown organically
- Framework — Creator of The FORGED Method™



EPIISODE ANGLES

The Identity Crisis No One Talks About
What happens to a woman's sense of self when the role that defined her — mother, caregiver, career woman — suddenly changes. Why it feels like grief even when nothing "bad" happened.

Sold Everything, Moved to Bali — and What I Actually Found

A candid conversation about what radical reinvention looks like from the inside — the fear, the freedom, and what solo travel taught me about identity that therapy couldn't.

How to Move Forward Before You Know Who You Are Yet

The FORGED Method™ — a practical framework for women who are doing everything right and still feel lost. For anyone in the space between who they were and who they're becoming.

**If your audience is navigating change,
identity, or what comes next—
Jessica delivers a message they won't just hear...
they'll recognize as their own.**

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