

REBUILDING IDENTITY.
RECLAIMING PURPOSE. BECOMING HER.

FEARLESS EMPTY NESTER

Author | Speaker | Creator of The FORGED Method™

JESSICA SEIDERS

- Author of *Fearless Empty Nester*
- Founded San Diego Moms of Adult Children
- Built a 1,300+ member community in year one
- Hosted 50+ in-person events for women in transition
- Creator of The FORGED Method™
- Traveled 20+ countries solo including 15 months in Bali during the pandemic

After hosting 50+ events for women navigating life transitions, Jessica brings this conversation to stages.

When the role that defined you ends...
most women don't feel free.
They feel lost.

Jessica's work is grounded in lived experience, not theory, and resonates with women navigating real-life transitions.

What began as a single question—*who am I now?*—became an identity shift that changed everything.

I left a 15-year corporate career, sold everything I owned, and traveled to over 20 countries alone.
Not to escape my life—
but to understand who I was without it.

But this isn't a story about travel.

It's about what happens when the life you built no longer fits—and you have to rebuild from the inside out.

Today, I help women navigate life transitions, reconnect with who they are, and step into their next chapter with clarity and self-trust.



*IDEAL FOR WOMEN'S
CONFERENCES, WELLNESS
SUMMITS, AND CORPORATE ERGS*

SIGNATURE TALKS

Fearless Empty Nester™

When the role that defined you changes, this talk gives women the language, permission, and a clear path forward—so they can move from uncertainty into direction and self-trust.

The FORGED Method™

A six-step framework for identity reinvention. Jessica introduces The FORGED Method™, a six-step framework for navigating change and rebuilding identity.

The Identity Crisis No One Talks About

This talk names what so many women feel but rarely say out loud—so women can understand what they're experiencing and move through it with clarity—and begin moving forward, even before everything makes sense.

**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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