



FEARLESS EMPTY NESTER™

Rebuilding Identity. Reclaiming Purpose. Becoming Her.



SPEAKER ONE-SHEET

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

ABOUT JESSICA



Jessica Seiders is the award-winning author of Fearless Empty Nester and creator of The FORGED Method. After building a 15-year corporate career and raising her daughter, she faced an identity shift when her daughter left for college.

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 life transitions, reconnect with who they are, and step into what comes next with 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



Fearless Empty Nester

When the role that defined you changes, this talk gives women the language, permission, and a clear path forward from uncertainty to direction and self-trust.



The FORGED Method

A six-step framework for navigating change, rebuilding identity, and creating what comes next.



The Identity Crisis No One Talks About

This talk names what so many women feel but rarely say out loud, helping them understand the transition and move forward before everything makes sense.

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

Let's Connect

hello@fearlessempynester.com

www.fearlessempynester.com

Instagram: @fearlessempynester