

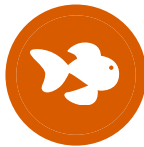


Heidi Esther

Keynote | Facilitator
Leadership Coach | Author



Helping mission-driven professionals
create lives rich in authentic
Confidence, Impact, and Joy.



ORDINARY TO EXTRAORDINARY

We are in an epidemic of epidemics - loneliness, stress, distraction, mental health. Our missions are more critical than ever. The question remains: How can we help the world without getting swallowed up? **JOY!** Learn Heidi Esther's Goldfish Authentic Leadership and leave the lie behind that you are *just* ordinary. The result? **Leveraging Joy as your compass to seeing your Extraordinary and Harnessing your Confidence** for maximum impact. Takeaways: **Resilience, Empowerment, Alignment, Connection, and Authenticity.**



EAT YOUR FEELINGS

Emotional Intelligence is here to stay. But most of us would rather get a root canal than deal. Heidi takes you on a journey of the basics of Emotional Intelligence with playful and practical takeaways through her relatable personal journey from repression to savoring life from eating her feelings. Takeaways: **increased self-awareness, motivation, regulation, authenticity, empathy, social skill, communication, resilience, and mindfulness.**

EXPERIENCE

Speaking Sample (YouTube)

Reviews Linked In

CLIENT LIST: University of Illinois, UIUC System, AMDOCS, Junior League of Champaign-Urbana, Allerton, Martin Hood, LLC, Leadership Illinois, Founding Females, That's What She Said, Champaign Public Library, Executive Club of Champaign County, INCCRRA, The Power of Storytelling, Parkland College Community Education, Danville Area Community College, Cultivate Illinois, That's My Story C-U, Soul Love Legacy, Fit For Joy, The Imperfect Moms' Club, Think Courageously, Little Steps to Health, Women Elevate Women, gBeta Distillery Labs, Bloomington-Normal Young Professionals

CREDENTIALS: I am a veteran communications and nonprofit professional with expertise in Emotional Intelligence, Strategic Planning, Psychological Safety, Storytelling, Mindfulness for Stress Reduction, and Personal Transformation. I create safe, transformational, and empowering Workshops, Keynotes, and Coaching experiences.

CONTACT:

e: howdy@heidiesther.com

m: 217.714.4345

[Book a Consult at](#)

HeidiEsther.com/Calendar/#Consult

Heidi emanates joy and you feel her kindness at your first interaction. I am encouraged by her deep desire to care for others, empower their personal growth, and bring warmth and humor into any situation. I would highly recommend Heidi as a coach or speaker to walk with you through your season of struggle and know that she will help guide you towards finding joy, passion, and self-discovery.

- Jessica Nemecz, CEO, Two Roads Wellness