

THE CHALLENGE

Leadership and people challenges rarely come neatly labeled. We end up seeing symptoms: Burnout. Communication breakdown. Gossip. Quiet Quitting. Leaders carrying too much. Avoided conversations.

I help leaders and organizations get underneath those challenges and develop the human skills that make sustainable performance possible: self-awareness, confidence, emotional intelligence, communication, trust, adaptability, and capacity.

My approach is practical, highly relational, and designed to create the psychological safety professionals need to learn, reflect, and actually change how they work.

SERVICES

Executive Coaching.

For leaders who are ready to leverage their strengths and lead with greater clarity, confidence, and capacity.

Leadership + Team Development.

Interactive learning to strengthen the way people lead and communicate to grow trust and work better together.
Workshops | Peer Leadership Circles | Coaching

Organizational Consulting + Needs Assessments.

When you know something needs attention — but another off-the-shelf workshop isn't necessarily the answer. We start with the need and build the solution.

Heidi Esther

Executive Coach
Leadership & Human
Development Consultant

*What is your leadership
challenge costing you?*

*Helping leaders build authentic confidence
and sustainable capacity.
Empowering teams to work better together.*

EXPERIENCE

20+ years of experience in strategic communication, relationship development, nonprofit leadership, emotional intelligence, and leadership development.

Delivered 150+ professional development sessions
and 200+ 1:1 Leadership Coaching hours
Clients include: University of Illinois, University of Illinois System, Parkland College, Danville Area Community College, and other mission-driven organizations, for-profit businesses, and leaders.

I am a Certified Emotional Intelligence Life Coach, Authorized Essential Workplace Skills Facilitator, Mindfulness-Based Stress Reduction Practitioner, and UIUC Civil and Environmental Engineering graduate with Dean's List distinction.

EXECUTIVE COACHING | LEADERSHIP DEVELOPMENT | ORGANIZATIONAL CONSULTING

Heidi created a space where people felt comfortable opening up. What really stood out was how she wove in concepts from mindfulness, emotional intelligence, and psychological safety... creating a space where safe, honest conversations happened. Trust is created in her classroom. — Samantha Emery, Staff Development Manager, University of Illinois Foundation

Book a Consult

Request a Needs Assessment

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HeidiEsther.com/Calendar/#Consult

Heidi Esther

YOU WERE MADE FOR JOY AND IMPACT

Helping women leaders trust their strengths and rise together.



SIGNATURE TALKS

WHERE CONFIDENCE LIVES: THE THREE LENSES

Lead with Clarity and Confidence. Three hidden lenses—expectations, comparison, and responsibility — distort how even highly capable professionals see themselves. This story-driven keynote helps stressed leaders who struggle with perfectionism, taking initiative, and self-doubt lead with greater clarity, confidence, and capacity.

THE HUMAN ADVANTAGE:

Why understanding each other may be our most important workplace skill. We work in environments obsessed with productivity, accountability, and performance. But humans don't do their best work in isolation. Nor in environments plagued with gossip and distrust. We do better when we are understood and when we understand others. When this happens, expectations become clear, we take initiative, trust others with the truth, and become teams that trust - and succeed - together.

Heidi Esther is a leadership and human development consultant, executive coach, author, and speaker who helps leaders trust their strengths, each other, and rise together. With more than 20 years of experience in strategic communication, relationship development, nonprofit leadership, emotional intelligence, and leadership development, she brings both depth and warmth to the room.

Heidi has delivered 150+ professional development sessions and 200+ hours of one-on-one leadership coaching for leaders and organizations including the University of Illinois, Parkland College, and Danville Area Community College. A Certified Emotional Intelligence Life Coach and Mindfulness-Based Stress Reduction Practitioner, Heidi creates practical, story-driven experiences that help people build authentic confidence, stronger relationships, and sustainable capacity for greater joy and impact.



Peer Leadership Circles:

Developing Brave, Supported Communities

Workshops & Breakout Sessions:

Professionalism, Communication, & Team Building

Executive Coaching:

Building Confident, Resourced Leaders

Every year, our company hosts a women's entrepreneur conference. I handpicked Heidi to speak for several reasons. First, I need speakers who are authentic, reliable, and relatable. Heidi definitely is. Her messages create transformation so our audience can apply Heidi's ideas to take them from where they are now to who they hope to become as people. — Francie Hinrichsen, CEO of Founding Females

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