

# Jill Heiman

SPEAKER • COACH • VISIONARY

## **Inclusive, interactive, intentional and intuitive.**

Jill offers a safe space for communication around topics not easily discussed like depression and sex. She believes to her core that her healing is your healing and that collective healing is power. **That power is the key to breaking generational patterns and creating conscious, heart forward and purposeful ways of walking through this life.**

After clinging to the identity of athlete during college, Jill Heiman endured a dark time of confused power, depression, and faced a "choose sex to escape" situation. She authentically shares her journey of overcoming the darkness through practicing forgiveness, self compassion and ultimately recreating her identity. As an Empowerment Coach with a Bachelors in Communications and over 14 years of experience in corporate America, Jill is now committed to empowering young adults by encouraging conscious communication and honoring the value of intentional connections around sex and other key life decisions.

*"My healing is  
your healing  
and our healing  
is power."*

*- Jill Heiman*

## **SPEAKING THEMES**

Personal Identity  
Intentional Decisions  
Conscious Communication  
Depression  
Sexual Trauma