

Jill Andersen

'F' Your Shoulds



“*SHOULDs* hide in plain sight and hijack our lives. When we find, feel and free ourselves from them, we become who we were born to be.”

Jill Andersen

Speaker, Coach & Shoulding Survivor

“Jill left me feeling inspired to hit the reset button on my own routines that were holding me back. She shines a light on your insecurities without making you feel insecure. With Jill, you're safe and held and seen—and with that sense of reverence can come powerful growth.

She's magic, she's honest, and she's funny as hell.

April S.

Leadership Conference Attendee

“Stories, strategies and a helluva lot of fun. I left the session feeling inspired and love that I walked away with a daily routine to combat my shoulds. I'm excited to implement these strategies in my business and with my team.

Lisa E.

Entrepreneur + Business Owner

“Jill has amazing charisma. She is funny and we knew the crowd would love her. Honestly, the fact that Jill was not afraid to be open and show up as herself resonated most.

Breanna P.

Conference Committee Member

“Listening to Jill's message is like holding a mirror up to myself. Her story, told honestly and authentically, resonates with everyone. It's inspiring message motivates everyone to stop "should-ing ourselves" while showing us how we too often get in our own way. Couched in her unique style of self and humor, Jill provides an engaging and entertaining speech for any occasion.

Joe V.

Entrepreneur + Educator

Jill's

Signature Keynotes



'F' Your Shoulds: Free Your Self

Become a Shoulding Survivor and discover who you were born to be.

As a rule-following perfectionist, Jill was living life by the book until she realized how miserable she was. Her journey of discovery has led her to the love, life and career she was born for. Jill leads the audience through her 'F' Your Shoulds framework; start-now steps that set in motion your own adventure of discovering who you were born to be.

KEY TAKEAWAYS:

- Identify shoulds and their influence on decision making
- Learn how to transform shoulding habits into patterns of empowered choice using the 'F' Your Shoulds framework
- Design your life with a choice-centered mindset and gain tips on how to confidently navigate the process



'F' Your Shoulds: F*ck Figuring It Out

NEWSFLASH! Figuring it out is for logistics and math. Life isn't linear.

What if we synced our brains and bodies, making choices with our 'feels' as part of the equation? Jill talks about 'Feeling It Out vs. Figuring It Out' and when to tell our brains to f*ck off.

KEY TAKEAWAYS:

- Why it's important to find your feels first
- Identify experiences that defy our conditioning to 'figure it out'
- Strategies to shift from brain to body



'F' Your Shoulds: Keep Showing Up

Creating sustainable positive change takes more than what our culture tells us it should.

In this keynote, Jill brings audiences the stories, strategies, and humor that will support them through the first few weeks of well-intentioned change, helping them level-up in life's game of whack-a-mole.

(Pssst...We decide whether to bring a huge-ass sledgehammer or a shitty tack-hammer to the battle.) Jill will show you how to choose better tools.

KEY TAKEAWAYS:

- Tips to tune out our society's perfectionistic BS
- Understanding the roles of expectations and choices in making change
- Identify the habits you have, the change you want and which tools you need to get after it



Jill Andersen

Speaker, Coach & Shoulding Survivor

Jill Andersen is a speaker and coach whose life looked perfect until her SHOULDs hit the fan and everything changed. Equipped with an MBA, a divorce, anxiety, a sense of humor and a helluva lot of perspective...

She's now sickeningly happy, riding her unicorn around the world empowering audiences to show the 'F' up for themselves, grab life by the amazeballs and become who they are born to be.

Are you ready to
'F' YOUR SHOULDS?!

Hey Jill

SPEAKING + COACHING

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