

Jillian Riddell

Life Without Secrets

✔ Inspirational Speaker

✔ Top 3% Global Podcast Host

✔ ER Trauma Nurse



MEDIA KIT 2023

BE INSPIRED. BUILD CONNECTION. GROW TOGETHER

Jillian's Story

Jillian's personal journey has inspired her mission to help others. Having lived her entire childhood as a secret, she knows what it's like to feel alone and disconnected. But she also knows that it's possible to overcome even the toughest challenges with resilience, grit, and a supportive community.

Jillian Riddell is a former teen mom who defied the odds to become a Valedictorian and a certified leading expert in Trauma and Emergency Nursing. She offers hope and inspiration when obstacles seem too great to overcome.

She shares her passion of helping others overcome obstacles and feel more connected on stages, events, and on her podcast, Life Without Secrets. She offers tools on building deeper connections, improving the quality of your life, and becoming a healthier, happier YOU in whatever stage of life you're in.

Jillian understands our basic human needs to love and to belong. She is passionate about helping people feel more connected by diving deep, getting real, and growing together. Jillian's insights have been honored by the Daisy Foundation, and her work has been featured on ABCnews. She lives in California with her husband and their 3 kids.

Jillian is committed to spreading hope and inspiring others to create the lives they truly desire.



Speaker

Jillian Riddell is a passionate speaker who is dedicated to empowering individuals and organizations to overcome obstacles and achieve success through the power of connection. With a personal story of triumph over adversity, Jillian inspires audiences with her message of resilience, courage, and hope.

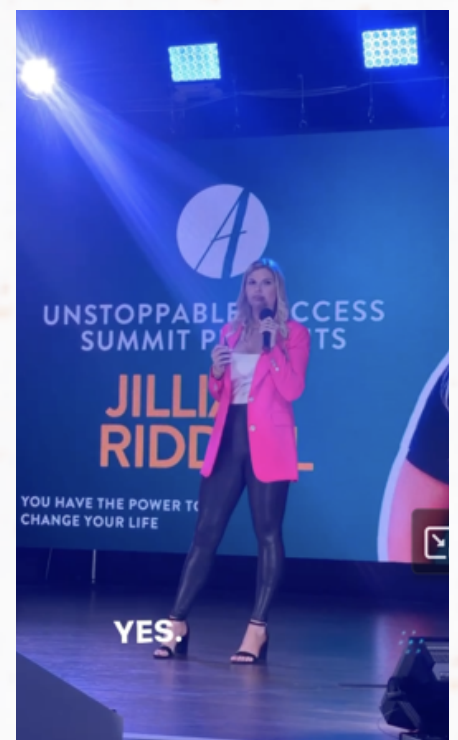
As an inspirational speaker, she draws on her own experiences of overcoming challenges, including personal setbacks and professional obstacles, to encourage others to persevere through their own difficulties. She understands the importance of resilience, and knows how to help people tap into their inner strength and overcome their limitations.



Jillian is also a firm believer in the power of connection. She knows that no one can succeed alone, and that our relationships and connections with others are crucial to our success and well-being. Through her speaking engagements, she shares practical tips and insights on how to build and maintain strong, meaningful connections with others, both personally and professionally.

Jillian loves to share her passion in a wide range of audiences, including events, corporate groups, nonprofit organizations, and educational institutions. Her presentations are engaging, interactive, and customized to meet the unique needs and interests of each audience.

If you're looking for an inspirational speaker who can help your audience overcome obstacles and harness the power of connection, Jillian is the perfect choice. Contact her today to learn more about her speaking topics and availability.





Podcast Host

Life Without Secrets with Jillian Riddell dives into the power of vulnerability and authenticity in our daily lives. Through honest conversations with experts, thought leaders, and everyday people, host Jillian explores topics such as mental health, relationships, career, personal growth, and overcoming obstacles. Each episode is packed with practical tips and strategies for creating a life aligned with your values, goals, and vision for the future.

Our mission is to inspire listeners to embrace vulnerability and share their struggles so they can become their most authentic selves. We believe that by doing so, we can overcome obstacles and build meaningful connections with others. Join us on this journey of transformation, self-discovery, and personal growth, and learn tangible tools towards living your best life.

Guests include



What listeners are saying

4.9 out of 5.

All reviews are available on Jillian Apple Podcasts profile.



SeanTheDon78

Yes! Great podcast! I actually got the chance to meet Jillian and become friends with her and her husband, before I found the podcast. I like her thoughtful interviewing style. It's real and heartfelt. She has genuine, good questions, and really opens her own heart up to her audience. Keep up the good work.



Marcin Ruman

TruthSeeker. Jillian's engaging storytelling and diverse range of expert guests make each episode a thought-provoking and delightful listening experience. Highly recommended for anyone seeking to uncover the hidden truths around us.



Greg R CLS

Captivating conversations. Very relatable and I appreciate your vulnerability!! Great work



Bob Wheatley

Great stuff. Jill does an awesome job of drawing things out of her listeners, and you can tell that she really cares! This show is worth the listen for sure.



Grk0810

Inspiring. I love this show - the stories and insights are both comforting and inspiring. Every episode has something so relatable and applicable, as Jill as a host is incredibly safe and comforting and kind. I highly recommend!!!



JenHofkes

I can't wait to listen to more!!! WOW Jillian! I just wanted to reach out and let you know how much I'm loving your podcast! I just finished the first two episodes and they were so amazing. Can't wait to hear the next one. Keep up the great work!



TheIanInman

One of my new favorite podcasts!! Jill is extremely talented at adding to the conversation without overstepping the guest. This show has professional sounding audio and kept my attention all the way through. Definitely recommend, I've already shared it with a few friends 🙏🏻



seanmaj

Must Listen! Listened to the episode with Matthew Headden, and it was great! Such a powerful story and so impactful I've already shared the episode with a few people!



goalsettermama

Love this show! I was in need of a new podcast and I just love the honesty of Jill and her guests! The world needs more of this 🙏🏻

Connect with

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