

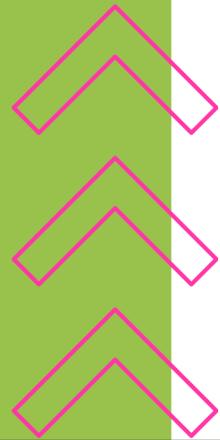
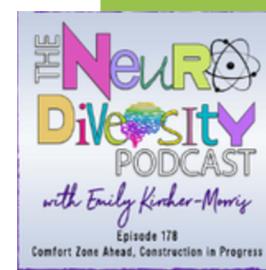
Casey Jourdan

hello@caseyjourdan.com
www.caseyjourdan.com

Casey Jourdan is a therapist turn coach and disabled combat veteran who transforms audiences with her "no BS" approach to personal growth.

Combining her master's in mental health with lived experience of ADHD, PTSD, and a traumatic brain injury, she delivers high-impact talks that blend vulnerability with practical tools. Her signature style of compassionate straight talk helps audiences heal their past, reframe their present, and carve out a new path forward.

AS FEATURED ON



GENERAL TOPICS

- The power in owning our story and how to start doing so
- Reframing and refocusing our life after a later in life realization of neurodivergence.
- Living with multiple flavors of neurodivergence in a "do more faster" world.



SAMPLE QUESTIONS

- How can we learn to trust ourselves more?
- What stops people from growing?
- Why does being proactive in our personal growth matter?
- How can we better use our strengths and navigate our weakness in building the life we want?

SOCIAL MEDIA

TikTok: [@caseyjourdan](https://www.tiktok.com/@caseyjourdan) - 42k+ followers

Instagram: [@caseyjourdan](https://www.instagram.com/@caseyjourdan) - 2.5k+ followers