

Dare_{On}



Jodi Silverman

KEYNOTE SPEAKER | MINDSET COACH | PODCAST HOST

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Jodi Silverman is a keynote speaker, mindset coach, and podcast host who helps audiences navigate life's transitions with courage, clarity, and confidence. Through her signature blend of storytelling, humor, and actionable tools, she empowers people to stop waiting for "someday," silence self-doubt, and boldly step into their next chapter.

After building a thriving community of women through **Moms Who Dare®**, Jodi expanded her mission to the stage - speaking at corporate events, women's conferences, and leadership retreats across the country. Her programs inspire audiences to reframe challenges, reclaim their joy, and dare more in every area of life. Whether she's keynoting, emceeing, or leading an interactive workshop, Jodi creates energy, connection, and momentum that audiences feel long after the event.

Featured In



Signature Topics

Reclaim Your Joy

Break free from "someday" thinking and create more confidence, ease, and fulfillment—right now.

The Power of Self-Talk

Learn to silence the inner critic, rewrite your internal narrative, and lead yourself with clarity and strength.

From Transition to Transformation

A proven framework for navigating change and turning uncertainty into opportunity.

The Vision Board Experience

A hands-on, high-energy experience that brings goals into focus and sparks meaningful, inspired action.

Let's Connect

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Reclaim Your Joy

How to stop waiting for “someday,” start living with more confidence and ease with 5 Simple Dares.

Description:

This high-energy, feel-good session is where inspiration meets action. Through humor, real-life stories, and simple yet powerful tools, Jodi takes women on a journey to reignite their inner spark. Whether you're in a season of change or craving more fulfillment, this talk delivers a mindset shift that's both personal and professional.

Audience Takeaways:

- 5 evidence-based practices to instantly boost mood and mindset
- How daily “dares” can reduce stress, increase productivity, and build confidence
- Tools to energize your team culture by starting with yourself
- A renewed sense of purpose and resilience you'll feel long after the event

Why Jodi:

With infectious energy, humor, and heart, Jodi creates instant connection with every audience. As a speaker, coach, and host of the Dare On with Jodi podcast, she empowers midlife women to dare more, doubt less, and live fully - starting right where they are.

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The Power of Self-Talk

Dare to silence your inner critic and take the first step toward a life of you love.

Description:

The stories we tell ourselves shape what we believe is possible. In this session, Jodi teaches participants how to recognize and rewrite the negative self-talk that holds them back, replacing it with a more supportive inner dialogue. They'll learn simple, practical tools to quiet the inner critic and take the first step toward a life they truly love.

Audience Takeaways:

- Tools to clean up your inner critic and speak to yourself like a leader with clarity and confidence
- How to reframe mistakes as growth opportunities and move forward with intention
- A confidence boost that shows up in every interaction and elevates how you communicate
- Daily practices to support emotional resilience and clarity

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From Transition to Transformation

One D.A.R.E. at a time.

Description:

This empowering and energizing keynote invites women to pause, reflect, and reconnect with what lights them up. Using her signature D.A.R.E. Method - Decide, Awaken, Reimagine, and Experience, Jodi guides the audience on a journey back to themselves. It's more than motivation - it's a mindset shift. Get ready to reclaim your joy and Dare On™.

Audience Takeaways:

- Decide to prioritize themselves without guilt and reclaim their worth, choosing self-respect over self-neglect
- Awaken to what they truly want - not what the world expects and reconnect with their own desires and direction
- Reimagine and experience a life filled with purpose, confidence, and joy, grounded in who they are and what they're meant for

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Vision Board Experience

Virtual & In-person

Awaken Possibility. Ignite Confidence. Move into Action.

Description:

Ignite clarity, confidence, and inspired action. Jodi Silverman's Vision Board Workshop helps participants refocus, visualize their goals, and move forward with purpose. Through powerful storytelling and mindset tools, Jodi creates an energizing experience that leaves every participant aligned, motivated, and ready to take action on what matters most.

Audience Takeaways:

- Clarity – A simple, powerful process to uncover what participants truly want to be, do, and have in life or work.
- Visualization & Manifestation – Learn what these concepts really mean and how to use them to bring goals to life.
- Inspired Action – Use the vision board as a personal North Star to stay focused and find direction when feeling stuck.



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Your insights were not only engaging but deeply impactful for the girls in attendance. We've already received positive feedback from our teen board members on the call about how much they learned and felt empowered by your message.

Thank you again for making a difference in these girls' lives!

- Julia Kasper

Testimonials



Jodi Silverman's Energy Draws You In

"It's uplifting and magnetic. She creates a space so positive and welcoming that you can't help but feel comfortable being vulnerable, sharing your thoughts, feelings, and struggles."

I Attend The Workshop Every Year

"Each year I'm reminded of how energizing it is to gather with other like minded women (yes even virtually)."



I Said Yes!

"The Vision Board Workshop for the chance to connect with other moms while simplifying and organizing my goals for the year."

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Dare On With Jodi

REAL CONVERSATIONS. BOLD TRUTHS. A WHOLE LOT OF
LAUGHTER, COURAGE, AND CONNECTION.

This is where midlife women land to get inspired, feel seen, and remember who they are. Each episode blends honest storytelling, heartfelt humor, and practical mindset shifts that help women dare more, doubt less, and live fully in their next chapter.

Whether you're navigating an empty nest, shifting your identity, or simply craving "something more," this is your space. You'll laugh, you'll reflect, and you'll walk away with tools and truths you can use immediately.

Dare On™ with Jodi is ranked Top 5% Globally by ListenNotes

Featured Episodes

Empty Nest Grief Is REAL
3 Strategies for Navigating the Sadness
→ [Listen Now](#)

What's My Purpose? I Finally Have The
Answer For You → [Listen Now](#)

What If Letting Go Is The Secret to
Moving Forward? → [Listen Now](#)



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