



SPEAKING & TRAINING

Jan Davidson

Speaker • Author • Trainer • Creator of the EMBRACE Model™

Pause • Pinpoint • Process • Plan • Practice • Progress

Progress, not perfection or performance.

Beside You on the Journey,

Jan Davidson

Compassion. Clarity. Practical Tools.

Jan Davidson helps people and organizations navigate life's hills and valleys with shared language, honest reflection, and practical steps they can use when the moment is real.

Meet Jan

Jan is an Indianapolis-based speaker, author, trainer, counselor, and grief specialist. She created the EMBRACE Model after navigating her mother's dementia journey and the grief following her death. What began as a framework Jan needed for herself became a practical model for helping others move from knowing what to do to doing what they know.

The Experience

Jan pairs personal story with the EMBRACE 6 P's: Pause, Pinpoint, Process, Plan, Practice, and Progress. Audiences leave with language for what they are carrying, a repeatable reset, and one honest next step.

Signature Experiences

From Pause to Progress™

A practical keynote or interactive workshop for moving from pressure and reaction toward clarity, intentional response, and progress.

Owning Your True Grit

An honest, energizing experience about meeting hard seasons without pretending they are easy—and taking the next step with courage and intention.

You Were Never Broken

A personal exploration of grief, change, and the wisdom we carry forward through life's hardest chapters.

Programs Shaped for Real People

Jan adapts each experience to the audience, setting, goals, and time available.

Human Resources	Hospitality	Higher Education
Employee development, leadership, workplace change, difficult conversations, and whole-person wellbeing.	Guest pressure, team communication, service culture, fast decisions, and the person behind the service.	Student, faculty, and staff development; campus transitions; leadership; and intentional response.

Ways to Work With Jan

Keynotes • Interactive workshops • Team training • Leadership development • Conferences • Retreats • Community and faith-based programs • Virtual events

More Than Inspiration

People leave with a clearer understanding of what is happening, a framework they can remember, and practical tools they can use at work, at home, and anywhere life asks them to respond intentionally.

Bring Jan to Your Stage, Team, or Community

Every engagement begins with a conversation about your people and what you want them to carry forward.

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