



**Danielle**

**Bayard**

**Jackson**

Friendship Coach, Educator, & Speaker

# friend forward

Founded by Danielle Bayard Jackson, [Friend Forward](#) is a platform dedicated to helping modern women create and maintain meaningful friendships. Friend Forward provides resources, coaching services, podcast episodes, and events to help women feel a little more connected during a time when platonic relationships can often feel both shallow and transactional. Recently, Danielle's work and expertise in the field has led to a six-figure book deal with Hachette, where she will write a book unpacking the function of conflict within female friendships.

## About Danielle Bayard Jackson

[Danielle Bayard Jackson is a friendship expert](#) on a mission to help women create and maintain better friendships. As a former high school teacher and certified women's coach, (as well as a podcast host, author and speaker) Danielle uses her knowledge and training to [help women better understand](#) the impact and importance of strong platonic relationships between women through her unique platform, Friend Forward. Recently featured in the [NBC News article "I hired a friendship coach to make friends. Here's what happened"](#), Danielle is sought after by various media outlets to shine a light on the complexities of female friendship and to provide actionable strategies for overcoming some of the most common hurdles to sustaining meaningful friendships. Her [podcast](#) is featured in Apple's top ranking podcasts.

Author

Podcast Host

Member of the American Sociological Association



Danielle is an emerging "go-to" media source on the subjects of friendship, loneliness, and female connection. [\[Plus, have you seen her viral TikToks?\]](#)

## Featured In:



INSIDER

**THE HUFFPOST**

The Washington Post

**TED**



"Danielle is a dynamic speaker known for blending interesting research with humor and storytelling."

## Most Requested Topics

### How to Make Female Friends (as an Adult)

Why is it so difficult to make friends as an adult? In this talk, Danielle speaks to the challenges of forming friendships in adulthood; strategies to create new friendships, and the mindsets that keep us from forming meaningful connections. Audiences will walk away with increased confidence, research-based strategies, and scripts to begin making friends-- something deeply tied to our physical, mental, and emotional well being. As a former high school teacher and academic chair, Danielle finds ways to make this message both humorous and informative.

### The Art of Navigating Conflict in Female Friendship

One of Danielle's most requested subjects (especially among female audiences) is about friendship break-ups. In this talk, Danielle will highlight the leading causes of friendship break-ups, 4 reasons that are especially painful, and how you can begin to recover (or rekindle the friendship!). Please allow plenty of time for Q&A as this talk tends to strike listeners in a very personal way.

### Female Friendship as a Wellness Imperative

Danielle will speak to the mental, physical, and emotional impact of chronic loneliness and female friendship. This talk is full of wow-worthy research and action-based strategies, a healthy balance for audiences who want to learn the concepts while also walk away feeling equipped to take action.

**Danielle can serve as a panelist, keynote, and host for events concerning women's empowerment through social connection.**

Past event types include:

- guest lecturer for colleges and universities
- keynote for international sorority events
- speaker for the NFL and NBA
- workshop facilitator high school assemblies
- guest for some of Apple Podcasts top-ranking shows



Danielle speaking with the SF 49ers players' wives



## WHAT PEOPLE ARE SAYING

*"[Danielle] was one of my favorite podcast interviews" (via Instagram)*

**NAZ PEREZ, TV Host and E! Entertainment Correspondent**  
**On Danielle as a guest on her podcast "I Don't Get It"**

Danielle engaged our members in an interactive and dynamic way, even in a virtual environment. She offered research and educational tools to strengthen our understanding of friendship and how our friendships impact our own lives and the lives of those around us. Danielle also shared real-life examples and tangible next steps in how women can better connect with other women in life and leadership roles, building confidence in ourselves and others as we meet and achieve our goals.

**CRYSTAL GRAFTON COMBS,**  
**Alpha Omicron Pi, International President**

*"[Danielle gives] a master class in how to talk, and I mean really talk, with your besties...[something] all women need if they want to keep their friendships real and strong."*

**KAYLEEN SCHAEFER,**  
**New York Times Bestselling author of "Text Me When You Get Home"**

Click [here](#) to view  
Danielle's official  
Speaking Reel:

