



HEATHER MELVILLE

RELATIONSHIP COACH - SPEAKER -
PODCAST GUEST

Relationship Coach & Speaker Helping Women Break Toxic Relationship Patterns, Reclaim Their Worth, and Build Confident, Healthy Lives

INTRODUCTION

Heather Melville is a relationship coach, speaker, and founder of Healthy Relationships, where she helps women heal from toxic relationship patterns and rebuild self-worth so they can create emotionally healthy relationships.

After navigating profound personal reinvention including healing from unhealthy relationships, major career changes, solo travel, and building life in a custom RV with her fiancé, Heather transformed her lived experience into a mission to help women trust themselves again.

Known for her lighthearted, engaging, and refreshingly honest speaking style, Heather blends humor, storytelling, and practical psychology to make deep emotional topics approachable and actionable. Now thriving in a healthy relationship herself, she shows audiences that lasting change and healthy love are truly possible.



SPEAKING TOPICS

- Break Free From Toxic Relationship Patterns
- The Self-Worth Reset
- Healthy Relationships Aren't Perfect
- Reinventing Yourself After Life Changes
- Courageous Life Design

RECENT APPEARANCES

- Break Free From Toxic Relationship Patterns Monthly Webinar
- The Positive Podcast
- Om Wow Podcast
- Romance Unraveled Podcast
- Raving Coaches Podcast
- Dreamscapes Podcast
- The Ornelian Podcast
- Serves You Right Podcast
- The Reclamation Room Podcast