

MEDIA KIT

2026

JILL SCHULMAN



U.S. Marine Corps Veteran
Happiness Scientist
Science of Bravery Expert



JILL SCHULMAN
THE BRAVERY EFFECT™

How it started

"From pink pumps to combat boots—USMC Veteran Jill Schulman proves bravery isn't something you're born with, it's something you build."

On her first day in the Marine Corps, a senior Marine took one look at Jill—dressed in a hot pink silk shorts with matching pumps—and sneered, "You will never make it as a Marine." He was wrong. Three years later, she outperformed every other Marine at in her unit at Officer Candidate School, including all the men.

Today, Jill Schulman is on a mission to rewrite what we think we know about bravery. As a former Marine Officer turned leadership expert with a Master's in Applied Positive Psychology from the University of Pennsylvania, she bridges military grit with cutting-edge science to prove that bravery is a muscle anyone can build.

Her message challenges America's comfort culture: We've been sold a myth that comfort and ease lead to happiness.

The research shows the opposite is true—growth, fulfillment, and well-being come from doing hard things.



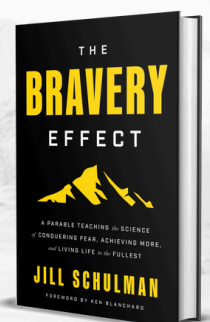
BIO

TITLE: Bravery Keynote Speaker, Resilience Expert Leadership Development Consultant, USMC Veteran

Jill Schulman is a U.S. Marine Corps veteran and challenge-seeker with a Master's in Applied Positive Psychology (Science of Happiness and Well-Being) from the University of Pennsylvania. For over two decades, she has combined the latest scientific research with real-world experience to help people embrace courage, push limits, and create lives of meaning and impact.

As a former U.S. Marine Corps Officer, leadership development expert, and founder of Breakthrough Leadership Group, Jill has dedicated her career to studying the science of bravery, resilience, and peak performance. She draws on disciplines such as psychology, neuroscience, and behavioral science to merge academic rigor with practical tools that help individuals and teams increase their performance, resilience, and well-being.

Her book, *The Bravery Effect*, is the culmination of years of exploration, offering evidence-based strategies for increasing bravery by developing a courageous mindset, taking bold actions, and building brave relationships. Jill believes bravery is the foundation of a life well-lived. Growth only happens outside the comfort zone, so she lives by the mottos: "Embrace the Suck", "Do it Scared" and "Courage over Regret". She's passionate about empowering others to create the life they truly want and stop letting fear hold them back.



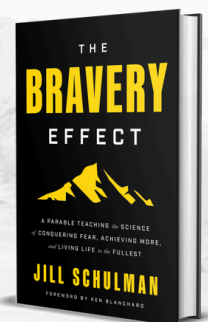
WHY THIS MATTERS NOW

- Mental health crisis: Anxiety and depression rates are at all-time highs, especially among young people who avoid discomfort
- Comfort culture epidemic: Americans are more comfortable than ever—and more unhappy
- Leadership void: Organizations are desperate for leaders who can face challenges rather than avoid them
- New science: Breakthrough research from UPenn, Stanford, and Clemson proves bravery is trainable—not innate

CREDENTIALS & EXPERTISE

Jill brings a rare combination of military experience, academic research, and real-world application:

- Former U.S. Marine Corps Officer—lived the transformation from fearful to fearless
- Master's in Applied Positive Psychology from University of Pennsylvania (the science of happiness and well-being)
- Published in Forbes, Psychology Today, Fast Company, and Thrive Global.
- Author of The Bravery Effect—practical guide backed by neuroscience, psychology, and behavioral research
- Collaborating with world's leading bravery researchers on new studies
- 20+ years helping individuals and Fortune 500 companies build courage, resilience, and peak performance



INTERVIEW TOPICS & TALKING POINTS

1. The Comfort Trap: Why Ease Is Making Us Miserable

- Why our pursuit of comfort is backfiring
- The science behind growth through discomfort
- How to embrace the suck and thrive

2. Building Bravery: The 3-Part Framework

- Brave Mindset: Reframing fear as a growth signal
- Brave Actions: Taking action before you feel ready
- Brave Relationships: Building a tribe that fuels courage

3. Women in Leadership & Male-Dominated Fields

- Overcoming imposter syndrome and self-doubt
- What the Marines taught about earning respect
- Breaking through barriers with courage, not permission

4. Mental Health & Resilience

- Why avoiding discomfort increases anxiety
- How stress can be harnessed for growth
- Building psychological resilience through brave actions

5. Veteran Transition & Purpose

- From military service to civilian leadership
- Finding purpose after service
- Translating military skills to civilian success

COMMUNITY IMPACT & SERVICE

- Board member and former president, Southern California Healthcare Business Women's Association
- Board member and former president, Monarch Chapter of National Charity League
- Working Wardrobes – Mentors veterans transitioning to civilian careers
- Shea Therapeutic Riding Center – Volunteer coordination support
- Operation Homefront America – Donor and volunteer supporting service members

SPEAKING & INTERVIEW VIDEOS

- News interview: **CBS News FOX 5 PHL17 Philadelphia**
- Speaking Reel: **View Video**
- Podcast Interview: **Watch on YouTube**
- 2-Minute TedX Pitch: **Watch on YouTube**

QUICK FACTS ABOUT JILL

Background	Former U.S. Marine Corps Officer, One of the First Female Officers in Combat Engineering (Combat Specialty) Leadership Expert, Best-Selling Author
Education	Master's in Applied Positive Psychology (UPenn) BA in Communication Studies (USD)
Book	<i>The Bravery Effect</i> - A Parable Teaching the Science of Conquering Fear, Achieving More, and Living Life to the Fullest
Company	Breakthrough Leadership Group LLC
Based In	San Clemente, California
Speaking Style	Dynamic, authentic, science-backed with personal stories
Availability	Available for TV, radio, podcast interviews, and keynote speaking