

Influential Women Profiles Heather Theisen-Gándara, Ed.D.: Certified Divorce Coach And Founder Of Reignite Collective

HOUSTON, TX, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- Bringing International Leadership Experience and Personal Transformation to Women Navigating Divorce and Life Reinvention After 40

Heather Theisen-Gándara, Ed.D., is the Founder of Reignite Collective, LLC, a coaching practice based in Greater Houston that supports women, particularly those over 40, through divorce recovery, identity rebuilding, and life reinvention. Her work integrates emotional healing, confidence-building, wellness, and financial empowerment to help clients transition from post-divorce survival into purposeful, self-directed living.



Through Reignite Collective, Heather provides global divorce coaching for women navigating the challenges of divorce, helping clients reinvent their futures, reconnect with their life purpose, and achieve meaningful personal growth. Her signature 12-week program is designed to help women release the shame and betrayal associated with divorce, embrace their independence, rebuild confidence, increase financial autonomy, and step into the future with greater clarity, style, and purpose. The practice serves women globally and offers support in both English and Spanish.

Heather's work is informed by both professional expertise and a diverse career spanning nearly two decades in international education, nonprofit leadership, and global exchange programs. She held leadership roles with the Institute of International Education (IIE) and worked on initiatives connected to the U.S. Department of State, including the Gilman International Scholarship Program. Her professional experience in international diplomacy, cross-cultural exchange, and mission-driven program leadership developed her ability to communicate across

diverse perspectives, build teams, and guide complex initiatives.

Her international background extends beyond professional leadership. Growing up in rural Wisconsin, Heather was the first person in her family to hold a passport. That passport became the beginning of a lifetime of discovery, eventually leading her to study, travel, and work extensively throughout Latin America. Through those experiences, she became fluent in Spanish and developed a deep appreciation for cross-cultural connection.

Heather earned a Doctor of Education (Ed.D.) in Educational Leadership from the University of Houston–Clear Lake, along with earlier graduate and undergraduate studies in counseling, Spanish, and sociology. She is also engaged in professional communities such as the International Association of Collaborative Professionals (IACP).

She is a CDC Certified Divorce Coach, bringing formal divorce-coaching training to her work with women navigating major personal transitions. Her professional background combines strategic leadership, cultural insight, education, counseling, and compassionate mentorship—experience she now uses to help women create measurable and meaningful change in their lives.

Heather's commitment to divorce recovery is also deeply personal. After a 24-year marriage and raising two children, she experienced divorce herself when her youngest child had just left for college. The experience brought immediate anxiety, guilt, confusion, and shame, and forced her to confront the reality of rebuilding her life from the ground up.

Rather than allowing that experience to define the remainder of her story, Heather drew upon survival skills developed earlier in life and began rebuilding herself piece by piece. Over the following two years, she reclaimed her financial independence, lost nearly 100 pounds through strength training and balanced nutrition, and developed a renewed approach to self-care, wellness, purpose, and personal style. She describes this transformation as an unexpected glow-up that ultimately inspired her to help other women experience their own reinvention.

Today, Heather helps women navigate what she describes as a holistic recovery process. Her approach encompasses emotional healing, wellness, financial clarity, confidence, and personal style, recognizing that rebuilding after divorce involves much more than simply moving past the legal or logistical aspects of a relationship ending.

Through both individual and group coaching, Heather positions herself as a thinking partner rather than someone who simply tells clients what to do. She creates space for women to examine their circumstances, clarify what they want, reconnect with their purpose, and make decisions that are aligned with the future they want to build. She is also developing opportunities for community-building and global retreats as part of Reignite Collective's expanding vision.

Heather attributes her success to lots of daydreams and hard work. She is actually the only one in her family from a small town, rural Wisconsin, who has a passport. She just kept on working,

and she learned that work ethic by baling hay as a teenager to pay for school clothes. She just knew that if she worked hard, she would get there. Her academic talent has also been a key factor in her success.

The best career advice Heather has ever received is to remain authentic and humble throughout her career. She lives by this principle—for example, if people contact her on LinkedIn, she will always give her time when they want to know about her career, because she sure wishes someone would have done that for her.

Heather would tell young women entering her industry to lead with courage, and by that, she means having the difficult conversations. Be yourself, and align your values between your personal and professional life. That is so important to work-life balance and satisfaction. It will keep you honest and keep you working hard. Heather definitely encourages young women to focus on those things.

The biggest challenges right now are definitely getting women and clients to understand that the position of women in the world right now is really challenging because of geopolitical factors. It is challenging to be a woman in the world, so Heather is focused on maximizing contact and representing women, making sure they are given a voice in this challenging world, and helping as many women as she can all over the world. It is a challenge right now because so many rights are compromised.

On the opportunity side, people are living longer, and women are discovering that they are so empowered after 40 and 50. Longer lives create opportunities for women to find their path after 40.

For Heather, reinvention after 40 is not about starting over from nothing. It is about recognizing the experience, knowledge, resilience, and strengths a woman has already accumulated and using those assets to build a future that feels authentic and intentional. Reignite Collective's philosophy reflects this perspective: divorce may represent the end of one chapter, but it can also become the beginning of a more empowered one.

Courageous leadership is something Heather has written about a lot on LinkedIn and is very important to her. Value alignment between her personal and professional life is crucial—making sure that her beliefs are reflected in her work. Promoting a better world and contributing to that is central to what she does. Random acts of kindness are part of her soul's purpose on Earth—that is her soul food for living.

At the heart of Heather's work is the belief that women do not have to figure everything out at once. Reignite Collective provides practical guidance, emotional support, resources, and community for women navigating what can be an uncertain and exhausting chapter. Her ultimate goal is to help women move from surviving their circumstances to confidently shaping what comes next.

With the philosophy “Rise. Reclaim. Reignite.” at the center of her practice, Heather Theisen-Gándara continues to transform her own experience into a platform for helping other women heal, rebuild, and rediscover what is possible.

Learn More about Heather Theisen-Gándara:

Through her Influential Women profile, <https://influentialwomen.com/connect/heather-theisen-gandara> or through her website, <https://www.reignitecollective.com/>

Influential Women

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