

# Influential Women Profiles: Heidi Meckley, Known As Heidi The Soul Healer, Empowering Women To Reconnect With Purpose

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-- Speaker, Psychic Medium, Author,  
and Intuitive Coach Draws on More  
Than 30 Years of Entrepreneurship to  
Help Others Create Soul-Aligned Lives  
and Businesses

Sanderson, Florida — Heidi Meckley, known as Heidi The Soul Healer, is a speaker, psychic medium, author, and intuitive coach based freely on the road as a full-time RVer. With more than 30 years of entrepreneurial experience across sales, leadership, training, and business development, she has built a career centered on helping others reconnect with their purpose, potential, and authentic selves.



Through coaching, speaking, writing, and spiritual mentorship, Heidi encourages individuals—particularly women entrepreneurs—to move beyond self-doubt, limiting beliefs, and outside expectations to create lives that are both purposeful and aligned with who they truly are.

Heidi is the creator of the Soul-Aligned Meckley Method, a framework that blends accountability, mindset work, intuitive guidance, and strategic action to support personal and professional transformation. Her approach reflects her belief that practical strategy and intuitive insight can work together to help people gain clarity, take meaningful action, and create sustainable change.

After years of navigating professional success and personal challenges, Heidi transitioned fully into coaching and spiritual mentorship in 2019, formalizing her work as a full-time intuitive leadership guide in 2022. Today, her work includes one-on-one coaching, group programs, live

events, books, and tools designed to help clients break through barriers and step more confidently into their potential.

#### A Journey Rooted in Grit, Determination, and Faith

Heidi attributes her success first to God, believing that He gave her the gifts she has to guide others. Without those gifts, she says she would not be able to do what she does. She also credits her success to having an amazing partner and husband who allows her to truly be herself without expecting her to fit into an image of who he thinks she should be.

She also points to grit and determination as essential elements of her journey. Having experienced significant personal challenges, Heidi has developed a powerful perspective on resilience and the importance of choosing oneself. When people hear parts of her story and ask how she has become the person she is, she explains that it comes down to choosing herself. She always has, and she always will.

That philosophy has become an important part of the message she shares with others. Heidi believes personal transformation begins with the willingness to take ownership of one's life, make intentional choices, and refuse to let difficult experiences or external expectations determine one's future.

#### Stepping Beyond Other People's Expectations

One of the best pieces of career advice Heidi has received is to stop caring about what everybody thinks about what she is doing. It is not their dream; it is hers. For Heidi, learning to stop hiding and stepping fully into who she is has been transformational in both life and business.

Another question she received earlier in her journey made her pause and recognize that she was playing small. The question challenged her to consider how hard she worked for an employer while that employer made money from her efforts. She was encouraged to ask herself whether, if she had an employee doing the work she had been doing, she would fire that person.

The question was eye-opening and caused Heidi to examine how she was spending her time, including the difference between being busy and actually focusing on activities that create meaningful results. She believes people should work harder for themselves than they ever did for anyone else, concentrating on money-making activities rather than simply staying occupied with busy work.

This philosophy continues to shape her entrepreneurial coaching and the way she encourages others to approach their professional goals.

#### Encouraging Women to Remain Authentic

For women entering her industry, Heidi's advice is straightforward: stay true to who you are and do not change simply because trends are changing. Being trendy is not the way to be; being

yourself is.

She has seen too many people begin their journeys with a strong sense of who they are, only to attend trainings and absorb so much information that they begin trying to live or operate their businesses exactly like the people who trained them. Heidi believes that approach can become limiting because every person has a different personality, purpose, strengths, experiences, and path.

She encourages women to learn from others without attempting to become someone else. Learning can provide valuable tools and perspectives, but no one person's formula can work the same way for another. Everyone has their own path to take.

### Education and Authenticity in a Growing Field

According to Heidi, one of the biggest challenges in her field is education. She recognizes that, regardless of the industry, there are people who misrepresent themselves, making it particularly important for clients to understand the distinctions among different types of psychics, mediums, and clairvoyants.

Heidi explains that her work is different because she talks to the soul rather than bringing past loved ones forward. Because many people are unfamiliar with the distinctions within the field, she believes practitioners have a responsibility to continually educate their audiences about who they are, what they do, and how they work.

For Heidi, education is never something that can be considered finished. There will always be people who have not heard her story, do not understand her work, or have never encountered her approach. Continuing to communicate clearly and authentically is therefore an essential part of building trust.

At the same time, she sees countless opportunities for those willing to think outside the box. Vendor events, psychic fairs, social media, informal conversations, and even meeting other women for coffee can create meaningful connections. Heidi believes people can become too focused on traditional approaches and then wonder why they are not moving forward. In her view, opportunities are often found outside the box.

### Honesty, Growth, and Personal Responsibility

Honesty is the number one value Heidi emphasizes in both her work and personal life. Being authentic and remaining true to who she is are essential to the way she lives and leads.

She also believes understanding one's character is critical. If there is something within a person that they do not like, or something they are carrying because someone else told them they should, Heidi believes it is important to recognize it and learn how to change it.

Growth is another central principle in her philosophy. Heidi believes in working to be better in a

few hours than she was before. She views experiences as powerful opportunities for growth and encourages people to get out into the world and experience life rather than remaining confined by fear or expectations.

Importantly, she recognizes that growth does not come exclusively from positive experiences. Both good and difficult experiences can teach valuable lessons, strengthen resilience, and help people better understand themselves.

Through her coaching, writing, speaking, and spiritual mentorship, Heidi continues to expand her mission of helping people awaken their soul, ignite their potential, and transform their life. Her work is grounded in authenticity, personal responsibility, resilience, and the belief that people do not need to follow someone else's path to create meaningful success.

As she continues building her global community while living and working on the road, Heidi Meckley remains committed to helping individuals—especially women entrepreneurs—move beyond the expectations placed upon them, trust their own journey, and create lives that reflect their deepest sense of purpose and personal truth.

Learn More about Heidi Meckley:

Through her Influential Women profile, <https://influentialwomen.com/connect/heidi-meckley> or through her website, <https://heidithesoulhealer.com/>

## Influential Women

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