Real Moms, Real Life, Real Faith, Real Grace

Heather Riggleman

Author ● Speaker ● Blogger ● Grace Dweller ● Mom
Welcome

What happens when a woman’s eyes are opened to the power of God working in her life? She embraces her ability to mold and shape the future—touching generations for Christ and this is Heather’s passion.

It is our pleasure to introduce Heather Riggleman, author, speaker, blogger, grace dweller, and mom.

When Heather speaks and writes, she boldly takes women by the hand and leads them to the home their hearts have ached for—a place where God fits the messy moments and broken pieces of their lives and fits them perfectly together through his amazing grace.

Heather’s writing is represented by Mary Keeley at Books & Such Literary Agency and has contributed to several books, including The Making of a Mom, by Stephanie Shott, Overwhelmed & Facing Your Fears (M.O.M. Devotionals published by The Mom Initiative). Her writing has been featured in several magazines, including Today’s Christian Woman, Proverbs 31 Ministries, MOPS International (Hello Darling) and has her own monthly television segment, “Family Matters,” for Good Morning Nebraska at KHGI TV.

Known as “The Real Mom” she authentically shares the beautiful and broken moments of everyday life that push us to embrace God through: motherhood, marriage, family, kids, books, heartache, faith, imperfection, and all the things that reveal his heart. Like her book, Mama Needs a Time Out, she uses her life experiences to not only encourage women in the trenches of motherhood, she talks about the power of your “Yes,” missional motherhood, marriage, writing, and shaping your identity in Christ.

In addition to these topics, Heather strives to be a voice for both teen moms and their mentors. She is currently writing a book for teen moms and a leader’s guide for mentors.

Heather is also on the M.O.M Team of The M.O.M Initiative and MOMS Together where both highly popular sites mentor, encourage, and equip moms through posts, leading online discussions, engaging in social media, and leading workshops.

Heather is available for media appearances, speaking engagements, and book signings. Enclosed you will find Heather’s bio, where to find her work in print and online, various speaking topics, affiliates, websites, and book overview.

It is my pleasure to collaborate with you to share Heather’s messages with your audience.

Please contact Christopher at 308-338-2048 (day cell) or at 308-440-5253. Send inquires to Riggelman5@gmail.com. We appreciate the opportunity. Blessings to you.

Christopher Riggelman.

Heather Riggleman Ministries
www.heatherriggleman.com
308-338-2048.
Heather is known for her inspiring messages, through her writing, keynotes, guest appearances and workshops; she opens the door to Christ. She transparently shares her experiences of growing up in a broken home, encountering abuse and becoming a teen mom, while continually pointing women back to the Bible and offering life applications. Heather knows if a woman’s heart is ignited by the love of God, she will have the power to touch and sculpt the future—reaching the next generation.

It’s all about: *Real Moms, Real Lives, Real Faith, Real Grace.*

Heather offers

- Book Signings
- Workshops
- Speaking

**Speaking & workshops include (but aren’t limited to):**

- The 5 Building Blocks of Marriage: With her husband Chris, the couple share their life testimony as teenage parents, encountering infidelity, infertility, being on the verge of divorce to a Christ centered marriage and renewing their vows.

- Detour: How to Survive (and Thrive) as a Teenage Mom

- Detour: Leader’s How to Mentor and Encourage Teen Moms

- The Power of Saying “Yes” to God: How to make a difference right where you are in your home, community, church.

- Missional Motherhood: How to embrace God’s call to motherhood.

- Messy Faith: Most women are encountering trials and valleys, it’s how they see God that changes their perception.

- Falling into Peace(s): How to let go of expectations and embrace imperfection as God peace’s your life together with what matters most.

- Defusing the Angry Mom Syndrome: Using the Proverbs 14 woman, Heather offers real life applications to help defuse the anger and build up your family.

**Content**

Content, messages, and length are tailored to fit your audience. To book Heather, please contact Christopher at Riggleman5@gmail.com or call 308-338-2048. For topic ideas please visit: [http://heatherriggleman.com/blog/mamaspeaks/](http://heatherriggleman.com/blog/mamaspeaks/). To learn more about Heather, visit [www.heatherriggleman.com](http://www.heatherriggleman.com).
Mama Needs A Time Out

Available on Christianbook, Amazon, and Barnes & Noble.

NEED A TIME OUT & A MOMENT OR TWO WITH GOD?

Filled with mirth and encouragement, this inspirational devotional leads you through the names of God as you march through the trenches of motherhood.

These short devotions and life stories, told in Heather’s “been-there-done-that” voice will help you laugh at life’s most embarrassing moments, remember that God is with you in the midst of your worst moments, and help you put things back into some sort of perspective.

Doesn’t every mom, the sleep-deprived, squabbling-refereeing, hormone-wacked, women that we are, need a time-out now and then? This book might be the next best thing. Step off the mommy treadmill for some encouragement and spiritual refreshment.
Endorsements

“After hearing ‘MOMMY’ all day once, I asked my toddler to call me ‘Jen’ for the rest of the day. Mommy, Mama, Mom...we hear our name called constantly. Motherhood is so incredible and so hard. Mama Needs A Time Out, not only acknowledges the challenges of parenting, but it describes the powerful names of God and reminds us that He is the strength and patience and wisdom and energy we all need to be the incredible mothers He created us to be.”


“Feeling worn out, unseen, unappreciated, overwhelmed? Heather Riggleman writes with understanding, a touch of humor, and a lot of grace. Her words lifted my eyes to the Father God who sees and loves me, and lifted my heart with our common connection as moms. I highly recommend this book!”

~Tricia Goyer, author of 35 books, including Blue Like Play Dough: The Shape of Motherhood in the Grip of God.

“Young moms are short on time, yet desperate for encouragement. With humor and empathy, Heather Riggleman’s short “love notes” will point them to the God who knows their name, loves them immeasurably, and longs to guide them in this crucial calling of mothering.”

~ Dee Brestin, author of The Friendships of Women and Falling in Love with Jesus.

“Moms long to know that God is real and present with them in the nitty-gritty, day-to-day aspects of their mothering. Through exploring the meaning of several of God’s names, Heather gives moms the assurance not only that God is present in every moment of their day, but that He’s there in exactly the way they need. Mama Needs A Time Out will bless and encourage every mom, no matter what stage of parenting they’re in.”

~ Megan Breedlove, bestselling author of Chaotic Joy and Manna for Moms.

“Heather Riggleman is amazingly insightful in her new book, Mama Needs A Time Out. Beautifully relating the various names of God with real-life challenges busy mothers face, Heather candidly draws from her own personal ‘mama’ journey and helps mothers know God is real in real life.”

~ Stephanie Shott is the founder of The M.O.M. Initiative, author of The Making of a Mom and an international speaker.
New in her journey of faith, Heather found herself saying good-bye to the corporate world and waist deep in school lunches, dirty diapers, and special needs kids. For two years, Heather struggled with her identity as a stay at home mom until she heard God speak back to her one late afternoon while rocking her son to sleep.

“What gift did I give you as a child, what did you love most?” she heard. The closet door stood ajar and there on a shelf were dozens of forgotten journals, collecting dust while the yellowing pages reflected her poems, stories, and thoughts.

“Your purpose is to bring me glory with all your talents and abilities, can you say yes?” In 2008 HeatherRiggleman.com was born. On her blog, Heather’s one purpose is to point women to Jesus. Just like in her book and when she speaks, she shares authentically about: motherhood, marriage, family, food, friends, babies, imperfections, grace, love, heartache, and all the things that reveal the heart of God.

So what will you find on Heather’s Blog? Here’s a sample:

I’m here to share my mess, to be open about my journey as a woman—living a life redeemed, to share my real mom life, and reflect on grace, change, letting go, and imperfection. You’ll find inspiration and encouragement in the following:

Beauty in the unexpected (moments when life throws you a curve ball like teen pregnancy, infertility, learning to build a life with your man, and special needs kids).

Learning to “Be Still.” This includes learning to be content in all seasons, the good, the bad, the ugly…and having a good attitude.

Being perfectly imperfect. Forget comparing your insides to another mama’s outsides. Embrace YOU!

Learning to feed your body and soul.

Awakening your soul to the heart of God who loves you—all of you, and wants your “yes.”
Affiliates

The M.O.M. Initiative is a revolution of women who are mobilized to experience Titus 2 in real life. We are mothers on a mission to mentor other mothers – changing the world one mom at a time. Heather is on the M.O.M Team, mentoring women both online and at The Mom Initiative conferences. [www.themominitiative.com](http://www.themominitiative.com)

MOPS International is a grassroots movement that believes moms are world influencers. As a MOPS favorite speaker, Heather has also been featured on Hello Darling and is a MOPS Coach for women’s groups in Nebraska and Iowa. [www.MOPS.org](http://www.MOPS.org).

Moms Together started out as a Facebook community which has grown to over 18,000 women. Heather is a part of the Mom Team leading discussions, encouraging, and equipping women. Visit their newly launched blog at [www.momstogetherblog.com](http://www.momstogetherblog.com).

FaithVillage is the new social network for faith experiences where Heather lends her voice to the masses as a featured contributor. [www.faithvillage.com](http://www.faithvillage.com).

After going on a mission’s trip to the Philippines in March of 2014, Heather met Director, Bill Snider and toured the AP Media’s headquarters. She is their newest editor and writer for both their blog and MISSIONS Magazine. [www.apmedia.org](http://www.apmedia.org).
Coming Soon

Detour2Motherhood.com

Detour: Surviving (and Loving Life as Teen Mom)
Detour: The Leader’s Guide to Leading and Loving Teenage Moms

“This wasn’t part of the plan. You were planning for high school graduation and what to wear the game on Friday night. Now you’re a mom. How exactly do you do this mom thing while maintaining your personal hope, your personal relationships, and your personal identity?

How does a girl go from homework and hoedowns to diapers and doctors’ bills? And how can she balance school, work, friends, love, and a baby all at once? It’s hard, but it’s doable, and authors Heather Riggleman and Erin MacPherson have the guide to help you not only survive, but also to thrive as a teen mom.”

Detour2Motherhood isn’t just a website but a revolution to encourage and equip both teen moms and mentors. The site will become a go to resource for teen / young moms with advice on parenting, relationships, college, dreams, waiting for a stand-up guy, finding faith, and more. Heather’s dream is encourage, educate and inspire teen moms to conquer the challenges of motherhood with her personal story.

Heather is most excited to see her dream of reaching teen moms and mentors through her upcoming books Detour: Surviving (And Loving) Life as a Teen Mom & Detour: The Leader’s Guide to Loving Teen Moms.

Both the site and upcoming books will be an aid for leaders in mentoring situations, church ministry to teen moms, small groups, crisis pregnancy centers, educational centers, and community centers, or in forming a Detour Group in their communities to serve and mentor young moms. The site and books will include practical ways to help your teen mom group grow and thrive.
Bio

The desert heat and the smell of monsoon rains were the first memories of Heather’s childhood home growing up all over the state of Arizona. She was born to a miner in Colorado, Glenwood Springs and is the second oldest of five siblings. At the age of 12, her parents divorced and was uprooted to her uncle’s ranch in Wyoming. There, Heather helped raise her siblings before she learned at 17, she was pregnant.

Within five months, she graduated high school, moved across state lines, married to her high school sweetheart, and gave birth to a 9lb 3oz baby girl, Cheyenne. After her husband graduated from college, they moved their new little family to Kearney, Nebraska where Heather pursued various majors before settling on Criminal Justice, while God was pursuing her heart.

Heather’s life began a downward spiral after being assaulted and raped by a co-worker which led to self-harm, alcohol and drug abuse. It also led her to confront her past which was filled with abuse. On March 23, 2004 after a series of well-timed events, Heather attempted suicide. In the chaos of the emergency room, she encountered the “Real Living God” who whispered all the plans he had for her.

Since that night, God has restored her heart, redeemed her family, and a passion burns in Heather’s heart to share what God has done with every person she meets. The legacy she wants to leave her children and the women she has mentored, is to know the passionate redeeming love of God and recently had the opportunity to travel to the Philippines to share with her testimony with mom groups and preach at a Chinese church.

Heather was recently named, “A fresh new voice for Christian women,” and is represented by Mary Keeley of Books & Such Literary Agency. She is the author of a soul satisfying book, Mama Needs A Time Out and has become a Nebraska favorite speaker for MOPS groups & women’s events and is the Mom Expert for KHGI News. She has been featured in Proverbs 31, MOPS Hello Darling, The Better Mom, Moms Together, Today’s Christian Woman, and Focus on the Family. She just finished writing her second and third books for teen moms and can’t wait to share them. To connect with Heather, visit www.heatherriggleman.com.