

Ilja Abbattista - Speaker Sheet

Ilja Abbattista

Truth-Teller | Trauma-Informed Coach | Speaker | Podcast Host

Ilja Abbattista is a speaker, coach, and lived experience voice who brings grounded, raw truth to stages, podcasts, and panels. Her work centres ADHD, trauma, healing, and emotional safety - with a voice that's both empowering and unfiltered.

Speaking Topics Include:

- Surviving trauma, exploitation, and rebuilding a life from the inside out
- ADHD, emotional regulation, and being a woman on high alert
- The truth about masking, overthinking, and how we lose ourselves trying to be loved
- Reclaiming your voice after trauma
- Unmasking in business, relationships, and leadership
- Healing through story, humour, and messy truth
- Creating emotionally safe spaces in podcasting, advocacy, and coaching

Audience Takeaways:

- Feel seen, not shamed
- Understand trauma and ADHD without fluff
- Leave with hope, humour, and truth

What People Say:

"Ilja brings truth that cuts through noise. Our audience left feeling understood and empowered."

- Panel Host, 2023

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