

NIKKI DILLARD

Revolutionizing how we love, connect, and commit.
Helping people design relationships with clarity, confidence, and choice, whether monogamy, polyamory, swinging, or beyond.



About Nikki

Bold, trauma-informed, and relatable, Nikki Dillard blends therapy principles with over 25 years of lived experience across monogamy, swinging, and polyamory. She helps couples explore their motivations, strengthen their communication, and align their desires with reality.

Talks Audiences Love

- **When Fantasy Meets Reality** → The first questions couples miss before they commit.
- **Desire or Distraction?** → Understanding your true motivations.
- **Can Your Relationship Hold It?** → Assessing trust, alignment, and capacity.

What Audiences Gain

- ✓ Shame-free tools to explore relationships
- ✓ Tools to build custom scaffolding for their relationships
- ✓ Clarity: fantasy vs. reality
- ✓ Confidence to align motivations with truth

Booking

Email: BookNikki@SwingersEd.com | Socials: [@SwingersEd](https://www.instagram.com/SwingersEd) | www.SwingersEd.com

NIKKI DILLARD — Detailed Info

About Nikki (Detailed)

Nikki Dillard is a Marriage & Family Therapy graduate student, relationship educator, and the unapologetic voice behind Swinger's Ed™. With over 25 years of lived experience across monogamy, swinging, and polyamory, Nikki bridges the gap between therapy principles and the realities of modern relationships. Her work centers on three truths worth exploring before committing to any path: the difference between fantasy and reality, the importance of uncovering authentic motivations versus distraction, and whether a relationship has the strength to hold those truths. Known for her direct honesty, humor, and trauma-informed approach, Nikki creates conversations that are real, practical, and transformative. Through speaking, writing, and education, she helps people explore relationships without shame, align with their truth, and build partnerships rooted in trust, open communication, and intentional connection regardless of the structure they choose.

Signature Talks (Detailed)

When Fantasy Meets Reality: The First Questions Couples Overlook

What happens when the fantasy of what a relationship could be collides with the reality of daily life? Nikki unpacks the hard questions couples often avoid, the ones that determine whether curiosity leads to collapse or deeper connection.

Desire or Distraction? Understanding Your Motivations

Are you in your relationship because you truly desire it, or because it distracts you from what's missing? This talk helps audiences examine the motivations behind why they enter or stay in relationships, whether that means commitment in monogamy or opening up to something new.

Can Your Relationship Hold It? Assessing Capacity Before the Leap

Every relationship has limits. Whether it's deepening intimacy in monogamy or expanding into non-monogamy, Nikki provides couples with practical tools to evaluate whether their partnership has the trust, communication, and alignment necessary to hold their vision before it cracks under pressure.

Booking Info

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