

Nicole HOLLAR

Speaking Topics



By combining her deep understanding of human behavior, decades of experience as a growth coach and her studies in NLP, MER, and wellness, **Nicole creates a captivating blend of compelling narratives, insights, and personal storytelling. Her presentations are not only inspirational but also narrative-driven, offering practical tools and strategies.**

Nicole tailors her speaking engagements to address the distinct needs of diverse audiences. Drawing inspiration from her Amazon Best Seller "Feeling Stuck? Empower Yourself to Live a Happier, More Fulfilling Life," she leverages the impact of the 10 Tenets of Mindset Transformation.

With a background that spans working with teens to adults in corporate, education, and community settings, Nicole's expertise shines through. She not only hosts live workshops but also captivating speaking events, ensuring each encounter is dynamic and personalized.

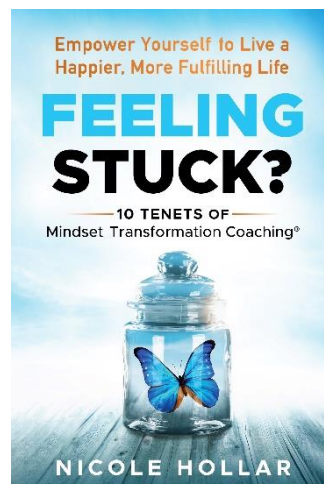
Everything is customized based on your event's goals, and most importantly, the challenges and opportunities your audience is experiencing at this moment.

Her goal is simple: To send your audience away knowing they can **BE** more, **DO** more, and **HAVE MORE** from life.

Nicole's speaking topics are based on

Feeling Stuck?

Mastering 10 Key Principles to Take Charge of Your Life



Nicole leverages her extensive experience to help people build confidence in embracing all facets of their identity, fostering self-acceptance, and empowering them to take meaningful actions toward a more fulfilling life. Her approach involves guiding individuals in establishing better boundaries, enhancing communication skills, prioritizing self-care, and honing focus and productivity. At the core of her teachings is the cultivation of personal awareness, enabling individuals to step up, be present, and create empathetic personal and professional relationships through confidence-led mindfulness.

Learning topics may include:

- Learn how old unconscious programs are getting in your way
- Understand how each person's perception of reality differs and how to navigate it
- Getting the science-based facts about healthy wellness habits
- How 10 minutes of mindfulness can radically shift energy and attitude about the day
- Uncovering the confident version of self to help you in that moment
- How changing your mindset will inspire yourself and others

All topics can be tailored as a keynote, interactive workshop, or multi-series event.

Examples from previous events include:

- The power of "I am"
- Effective, flexible communication among teams
- How our language (words we use) shapes reality
- Setting, enforcing, and respecting boundaries
- Overcoming obstacles and limiting beliefs
- Mastering the 8 Principles of Success
- Understanding why goals and values must align for success
- Learning the facts about food as fuel how society has altered its use
- Discovering your distractions for better focus and productivity
- The studies behind values and their impact on behavior

These are just a few examples from previous clients.

The insights and inspiration your audience receives will create meaningful change as Nicole teaches them how to show up, how to reframe their mindset, how to have the confidence to change their outlook or their situation, and how to own all of who they are with unwavering certainty.

If you are interested in customized keynotes or multi-date series on the topics of Motivation, Self-Worth, Team Communication, Productivity, Confidence, Influence — let's talk!

Booking Request: <https://www.nicolehollar.com/book-nicole-form>