



NICOLE TROMBLEY

Speaker, Author, Coach

About Nicole


As an executive coach, corporate wellness consultant and self-care expert, **Nicole Trombley uses her intuitive wisdom and over ten years of experience in the field of wellness to empower professionals.** Nicole's teachings allow people to step into their power and bring deep purpose to their work.

Through her enlightened approach to personal and professional development, Nicole guides companies and individuals to reprogram their mindset, uncovering the mental and emotional patterns keeping them stuck. **The outcome: reduced stress and overwhelm, increased energy and efficiency, and an elevated sense of empowerment.**

With her mission of establishing personal and professional development as a top priority, Nicole has been designing and implementing corporate wellness programs for over eight years. After working closely with cancer patients in an Integrative Oncology program, she knew she had to expand her focus and venture even more deeply into the human spirit. **Nicole regularly speaks on the topics of empowerment, holistic health, personal transformation and spirituality while offering workshops, corporate retreats, and an online platform for personal development.** She is the author of "Overwhelmed to Empowered: 25 Ways to Reclaim Your Personal Power" and is currently writing her second book, Dormant Souls. She lives in Pittsburgh with her husband and children.



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"Nicole's ability to connect every person to their heart and deeper purpose is profound. **Her depth of wisdom around our need for connection to the greater purpose inspires, uplifts and motivates all she touches.**" - Deanna Deacon

Overwhelmed to Empowered:

Bringing Heart, Soul & Authenticity into Your Work

Most professionals want to have an impact but can't seem to get past their fear, overwhelm and self-sabotage. **What if you could learn how to reconnect with yourself so deeply that your natural rhythm aligned with your creativity, your purpose and your greatest contribution?** Through years of experience

- Understand the top reasons why despite your best efforts, you continue to self-sabotage your success.
- Learn simple, practical strategies to reduce overwhelm and reconnect with your heart, soul and authenticity.
- Identify subconscious patterns that undermine your success, health and happiness.

and a deep understanding of the human psyche, Nicole teaches people how to reawaken their spirit, find their deepest authenticity, reprogram their mindset and uncover damaging mental and emotional patterns. Her compelling message and practical tools will inspire her audience to step into their power and fullest expression.

In a world where we have been programmed to multi-task, disconnect and distract ourselves, **it's time to reawaken to our truth, our message and our purpose.** When we are fully present and embodied, we move mountains.

Holistic Self Care to UpLevel Your Impact & Fuel Your Purpose

In a world where high-level success is associated with burnout, overwhelm and ill health, **Nicole teaches professionals how to reconnect deeply with themselves on every level —physical, emotional, mental and spiritual — in order to awaken their innate healing ability, open their creative channel and live and work on purpose.**

- Learn the top three self-care tools that you aren't putting into practice
- Reawaken your spirit, reclaim your energy and step into your power using practical and effective methods
- **Bring joy and purpose into every aspect of your life and work, even if you don't have your dream job**

After coaching professionals and cancer patients for the last ten years, she knows which self-care strategies lead to the highest return on investment, and it doesn't start with exercise. Nicole demonstrates how awakening your spirit —with mind-body connection, emotional intelligence and core, authentic resiliency — can elevate your energy, efficiency and impact.



A true call to connect within and trust the wisdom we all have. Nicole inspired through her own story and delivered a powerful perspective that we all have our strength to awaken to our fullest potential. **Warm, grounded, and so incredibly knowledgeable. Nicole over-delivers.**

- Megan Hale