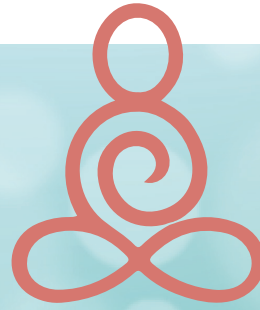


# NICOLE TROMBLEY



Author, Speaker, Coach

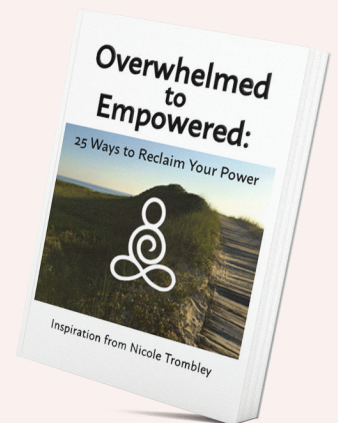
Enlightened guidance for young adults to connect their true selves  
with their greatest impact.

## About Nicole

As a speaker, author, coach and self-care expert, **Nicole Trombley uses her intuitive wisdom and over ten years of experience in the field of wellness to empower young adults to discover their authentic selves, find meaning and purpose in their lives and awaken their true calling.**

**Through her enlightened approach to personal and professional development, Nicole teaches young adults how to program their mindset for success, health and prosperity.**

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.



"Nicole is the most amazing, motivating and heartfelt speaker. **Nicole knows how to reach college age students to cultivate positive change and bring calmness and purpose to their lives.** She is truly the "salt of the earth" reaching deep into the window of students souls. **My college students request her every year!**" - Carol Glock, Wellness Program Director, Washington & Jefferson College

## Let's connect!

✉ [nicoletrombley@pillarwellness.com](mailto:nicoletrombley@pillarwellness.com)

🌐 [www.pillarwellness.com](http://www.pillarwellness.com)

📘 @pillarwellness    📷 @nicoleitrombley

# Overwhelmed to Empowered:

## Revitalizing Your Life to Fuel Your Career Path



With the ever-growing pressures and demands of modern life, the young people of today's world are often stressed out and running on fumes.

What if instead of feeling anxious, overwhelmed and disconnected, they could learn how to reconnect with themselves so deeply that their natural rhythms aligned with their creativity, purpose and greatest contribution? Nicole's compelling message will give young adults practical tools with which to step into their power and fullest expression.

In this presentation, they will:

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

## Holistic Self Care to UpLevel Your Impact & Fuel Your Purpose

In a world where high-level academic success is associated with burnout, overwhelm and ill health, **Nicole teaches young adults how to connect 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.

Self-care is the gateway not only for greater health and productivity, but for creative flow, joy, purpose and transformation.

After this presentation, they will:

- Learn the top three self-care tools that they aren't putting into practice
- Reawaken their spirits, increase their natural energy and step into their power using practical and effective methods and mindfulness techniques
- **Bring joy and purpose into every aspect of their lives**



## It's all about YOU

### Developing Your Authenticity & Your Greatest Superpower

It's no surprise with social media, the rush of modern life and society's encouragement of conformity and comparison that **the up-and-coming generation faces one of the greatest challenges in the world today.**

Instead of cultivating their own unique identities through meaningful activities and in-person connection, young people are curating them via social media, and it's no surprise that their self-esteem and self-worth are suffering. **In this presentation, Nicole teaches them how to turn the gadgets off and focus inward, demonstrating how mind-body connection, emotional intelligence and core resiliency can increase positive energy, efficiency and impact.** This presentation will help audiences:

- Familiarize themselves with important questions that, when answered, will lead them closer to their authentic selves
- Learn easy, in-the-moment techniques to get inner quiet and tune into their 'wise mind'
- Embody their truest self-expression: Pinpoint the goals, values and dreams that matter.