**For Immediate Release:**

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**Created for Kindness Presentation:**

*I had every thing I had ever wanted. So why wasn’t I happy? I was married to a Division 1 men’s basketball coach. I had three sweet small children. And I had just been offered the opportunity of a lifetime: the chance to write about anything I wanted for the launch of a new women’s section in the newspaper. The publisher suggested I write about politics, which I politely but immediately declined; he suggested cooking and I told him I’d made lasagna twice and forgotten to put in the noodles; he suggested parenting and I told him I was totally on board-- once I figured out how to do it.*

*Life felt passionless and pointless. I was at the edge of what anyone would call an alcoholic. I found my joy, my release from the mundane, in alcohol, food and sleep.*

*And then, on a rare hot summer day in Fargo, North Dakota, I dragged myself and my three kids to the community pool. That’s where a girl in a gold bikini taught me a secret that changed my life.*

What if there really were a secret to happiness well within our grasp? Perhaps there is! We often think of kindness as something that flows from our surplus: our extra time, extra energy or extra resources, leaving us to ask, "How can I possibly give to others when I don't have enough for myself?"

In her Created for Kindness speaking presentation, Nicole Phillips explores the chain reaction that happens within our bodies when we lead with kindness. While it seems like it should be entirely altruistic, study after study proves that the greatest benefits of kindness are actually in store for the giver.

Dealing with daily aches and pains? Kindness produces endorphins, the brain’s natural painkiller. It also increases feelings of strength and energy.

Looking for a natural anti-depressant? Kindness produces serotonin, the feel-good chemical that heals your wounds and calms you down.

Want to live longer? In one study, kindness was proven to lower blood pressure, protect against heart disease, and literally lengthen participants’ lifespan even more than exercise!

We were created to be kind, but it’s awfully hard to find our stride in life when we refuse to step into our eternal purpose. Your group will leave Nicole’s presentation feeling hopeful that there is indeed much they can do to create light in a dark world while adding great joy to their own lives.

**Professional Bio:**

Nicole J Phillips is a champion for using kindness to overcome all of life’s difficulties, including her own battle with breast cancer. She spreads the message of the healing power of kindness as host of her weekly show, The Kindness Podcast, and through her column, *Kindness is Contagious*, which runs each Friday in newspapers in North Dakota and Minnesota. She is also the author of the book, *Kindness is Contagious: 100 Stories to Remind You God is Good and So are Most People*.

Nicole has her Broadcast Journalism degree from the University of Wisconsin and has worked as a television anchor and reporter in Milwaukee, Wisconsin, Madison, Wisconsin and Fargo, North Dakota. As Miss Wisconsin 1997, she spent the year touring the state talking to kids and adults about overcoming crisis.

Nicole lives in Athens, Ohio, has three children and is married to Ohio University Men’s Basketball Coach, Saul Phillips.

