

Speaker Kit



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NICOLE J. PHILLIPS

BE *Brave.* BE *Kind.* BE *You.*

Author of **The Negativity Remedy**
Host of **The Kindness Podcast**

ABOUT NICOLE

When people work in high stress, people centered roles, the pressure does not just show up in workloads. It shows up in short patience, second guessing, miscommunication, and the feeling that one more hard moment might push them over the edge.

Nicole Phillips helps people interrupt that pattern. Through humor, storytelling, and practical mindset tools, she teaches people how to notice differently, shift out of autopilot, and respond with more clarity, calm, and intention.

Her message is rooted in one simple truth: **what you look for is what you see**. When people change what they practice noticing, stress drops, trust rises, and relationships at work get stronger.



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Please feel free to reach out for any questions.

Get in Touch!



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SPEAKING TOPICS

✓ **Shift the Script: The Mindset Shift That Reduces Stress and Strengthens How We Lead and Live**

When life feels heavy, it is easy to slip into autopilot, assume the worst, and react in ways that make things harder. In this keynote, Nicole Phillips helps audiences recognize the thought patterns shaping their stress, relationships, and responses. Through humor, storytelling, and practical tools, she shows people how to shift what they notice, interrupt negative mental habits, and move through work and life with more clarity, calm, and intention.

- How to catch knee jerk thoughts and choose a better response.
- Why what you look for shapes your experience at work and in life.
- A simple way to stay grounded when life feels hard.
- How to respond to stress in ways that build trust, not tension.
- Why feeding what gives you life helps prevent burnout.



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THE KINDNESS PODCAST

✓ **The Kindness Podcast, named by Oprah Magazine as one of the “16 Best Happiness Podcasts.”** We help people take the heaviness of life and infuse it with hope through practical tips, new imaginings, and vivid storytelling that illuminates the kindness around us.

AS SEEN ON:

NIGHTLY
NEWS
WITH LESTER HOLT

Home&Family

People

THE OPRAH
MAGAZINE

Reader's Digest

Testimonials

“

Nicole will leave you with a blueprint to change your life and change the world!

Janis Heier, *Director of Administration*

“

Nicole has a magical presence.

Barb Grosz, *Events Specialist*

“

I could hear Nicole speak 100 times and I would still enjoy it because it seems like when she is speaking you feel like you are always learning something new and exciting to use in our busy lives. I would recommend her to speak at anybody's event because she is truly a great inspirational speaker and she keeps your attention throughout the entire speech.

Adam Grimm, *Ohio University*

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During the month of January our hospital likes to help staff beat the winter blues. This year we were fortunate to have Nicole speak to our team on kindness. Nicole's personal story touched the hearts of many of the staff. She kept us all engaged and reminded us the importance of acts of kindness especially through our words. We highly recommend Nicole as a powerful and uplifting speaker who will remind your team to be kind, be kind, be kind!

Amy Hermes, *AVP Patient Services, Stoughton Hospital, Wisconsin*



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