

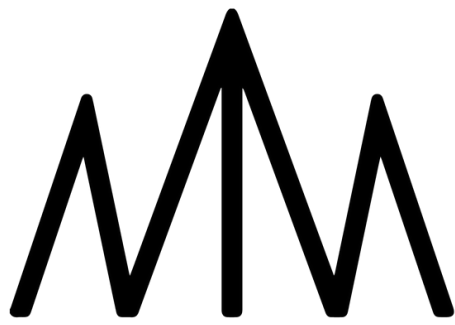
Nic
Monteforte

SHORT FORM BIO

Nic Monteforte brings over two decades of expertise in guiding high-performance teams, emerging leaders, and those driven by fierce ambition. Her career has been dedicated to the realms of personal development, well-being, and performance enhancement. Enduring a decade of significant challenges, including career setbacks, severe stress, and health issues, Nic discovered the transformative power of Vedic meditation. This pivotal experience enabled her to blend her passion for the mind-body connection with her skill in unlocking hidden potential.

Redefining success, Nic is on a quest to motivate a new generation of achievers to realise unprecedented goals from a place of calmness, thereby leading a fulfilled life. She is the author of insightful books like “How To Calm Down Before You Blow Up” and “A Busy Parents Guide to Raising Super Healthy Kids.” Her academic achievements include a Bachelor's Degree in Education with a focus on Physical Education and Human Movement, supplemented by qualifications in Counselling Foundations, Certificate III/IV in Fitness, Vedic Meditation, and Exploring the Vedas. Nic is also advancing her journey by training to become a certified Vedic Meditation Teacher, further enriching her profound impact in the field.





Nic
Monteforte

LONG FORM BIO

Nic Monteforte is the master of growth coaching and high-performance training, carving a unique path in empowering individuals, teams, and businesses to transcend their perceived limits. An author, of 2 books, “How to Calm Down before you Blow up” and “A Busy Parents Guide to Raising Super Healthy Kids,” and her mission: nurturing 'Calm Superstars' by unlocking their latent potential, instilling the essence of tranquility, and propelling them to surpass their greatest ambitions.

Boasting nearly thirty years of distinguished expertise in leadership, coaching, and peak performance, Nic has emerged as a preeminent voice in the realms of serene success and extraordinary achievement in Australia. Her journey, initially fueled by an Olympic aspiration in downhill skiing, took a transformative turn following a knee injury. This pivot led her to academic and professional accomplishments, including a Bachelor of Physical Education and Human Movement, certifications in various sports coaching disciplines, Vedic Meditation, Vedic Sciences, and becoming a DiSC Profile Trainer.

Nic's illustrious career, spanning two decades, is marked by groundbreaking achievements. As the inaugural female Director at Fitness First Australia, she was instrumental in steering the company towards remarkable success, managing over A\$250 million in annual revenue and leading a team of over 2500 employees. Her journey continued as she flourished into an experienced C-Suite Executive, Founder, and Speaker, traversing multiple sectors. Combining acute intellectual prowess with deep insights into human behavior, Nic has surmounted more challenges in the past decade than many encounter in a lifetime. Nic then discovered the transformative power of Vedic meditation. This pivotal experience enabled her to blend her passion for the mind-body connection with her skill in unlocking hidden potential.

Renowned for her exceptional speaking and facilitating skills, Nic electrifies audiences, leaving an indelible impact that extends beyond the event. Her expertise lies not just in illuminating the unseen but also in equipping individuals with practical tools to bring these insights into fruition. She is dedicated to redefining the paradigm for the fiercely brilliant and ambitious, guiding them to harness their calm peak power for profound personal and professional transformation.

Nic's influence extends globally, having collaborated with a diverse range of companies across various sectors, including Hyper Apps, Balance the Grind, Magic Mountain, Milky Lane, Michelle Bridges, Fitness First, Anytime Fitness, Commbank, NG Farah, Adrian Bo,

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