



# NIC MONTEFORTE

SPEAKER | CORPORATE FACILITATOR | COACH

**ON A MISSION TO EDUCATE THE FIERCELY  
AMBITIOUS ON BECOMING 'CALM'  
SUPERSTARS**

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**"This powerful woman stands up and WOW.  
Nic has a presence that captures the room,  
and her message and delivery inspired me  
like no one before!"**

**Justin Ashley - 2021 Young Entrepreneur of the Year**



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 realize unprecedented goals from a place of calmness, thereby leading a victorious 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, Fitness Leadership, 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.

## Signature Talk Titles

- **Calm Down Before You Blow Up**

Signature techniques that can be used anywhere anytime on how to stay calm under pressure - and all you need is a minute!

- **Calm Leadership**

Dive deep into the transformative power of calm leadership, optimising decision-making and fostering a collaborative work environment.

- **The 2 M's to a Happy & Successful Workplace**

Strategies to seamlessly incorporate movement and meditation into daily routines, regardless of how busy the workday gets.

## Also listen on...



## What others say....



Since listening to Nic, I've been elevated to an entirely new level of operation. Her blend of wisdom and performance has been a true game changer. I've developed a holistic approach to personal and professional growth, and I'm already witnessing substantial results from our collaboration. Anyone who recognises their potential for greater accomplishments in life should definitely hear what Nic has to offer"

Shane Fitzgerald - MD Milky Lane Holdings



Nic is an exceptional coach and presenter. She recently spoke to our team at our annual training day and her depth of experience and knowledge around the topics of stress release, mental health, productivity and mindset were so beneficial especially in the current environment with the impact covid has had on society. Everyone left with a number of key lessons that they are adopting in their everyday schedules. Her talk was highly motivating and energising. We can't thank Nic enough for the wisdom she shared with us!

Carly Franks Marketing Manager



As a presenter of business concepts, shifting the performance needle or annihilating stress, she delivers immediately actionable nuggets that you can carry straight into your life

Emma Barry - CEO Trouble Global