



Nicole Van Valen – Stage Introduction

Our speaker today works with leaders who are navigating sustained pressure, constant change, and the responsibility to perform without burning out themselves or their teams.

Nicole Van Valen is a #1 bestselling author, licensed therapist, and senior HR leader with over two decades of experience working across healthcare, behavioral health, and corporate leadership environments.

She is the Founder and CEO of [Keane Insights®](#), where she helps organizations strengthen Human Intelligence as a competitive advantage — equipping leaders to manage stress, lead clearly under pressure, and build cultures that perform without burnout.

Nicole is the author of [The Joyful Leader®](#) and the creator of the Joy Powered Performance™ framework, blending neuroscience, psychology, and real-world leadership strategy into practical, actionable insight.

A former NFL cheerleader and NBA dancer, Nicole brings a rare combination of discipline, presence, and full-body performance to the stage — proving that leadership isn't just a mindset, it's how you show up under pressure.

Please join me in welcoming Nicole Van Valen.