

#1 Bestselling Author | Resilience & Burnout Prevention Expert

# HUMAN INTELLIGENCE FOR HIGH-PRESSURE LEADERSHIP

Featured In:



## About Nicole

Nicole Van Valen is a Licensed Marriage and Family Therapist (LMFT), SHRM Senior Certified Professional (SCP), and former NFL cheerleader and NBA dancer, with more than two decades of experience across corporate, clinical, and leadership development environments.

She has trained 10,000+ leaders across Fortune 500 organizations, healthcare systems, government agencies, and national associations, supporting leaders navigating sustained pressure, rapid change, and high responsibility.



## CORE FOCUS

### Human Intelligence (HI)

The capabilities technology can't replace:

- ✓ Emotional agility
- ✓ Presence under pressure
- ✓ Resilience and recovery
- ✓ Meaningful connection

These skills are essential for effective leadership, sound decision-making, and healthy cultures in high-pressure environments.

## SIGNATURE FRAMEWORK

*Ready, Set, Go® / Joy Powered Performance™*

Nicole's work is rooted in a proven framework that helps leaders:



Recognize early stress and burnout signals



Reset habits that protect clarity and energy



Re-engage with purpose and presence



Lead forward with resilience and intention

This creates shared language and practical tools leaders can apply immediately.



## SPEAKING & SESSIONS

Nicole delivers structured, evidence-based leadership experiences for:

- ✓ Speaking engagements and keynotes
- ✓ Leadership retreats
- ✓ Executive and team sessions
- ✓ HR and healthcare conferences

All sessions are rooted in Human Intelligence and designed for real-world leadership pressure.



## SIGNATURE KEYNOTE TOPICS

- ✓ Human Intelligence for High-Pressure Leadership
- ✓ Joy as a Strategic Leadership Resource
- ✓ Leading Clearly Under Sustained Pressure
- ✓ Emotional Agility in Times of Rapid Change
- ✓ Recovering Forward: Performance Without Burnout

Each session blends insight, reflection, and real-world application.

