

Nicole Bowe-Rahming

RESILIENCE AND MENTAL TOUGHNESS
SPECIALIST, THE FORTITUDE COACH,
INTERNATIONAL SPEAKER



*"I WILL HELP YOU IDENTIFY YOUR PERSONAL VULNERABILITIES THAT
HINDER YOUR FORWARD MOMENTUM" ~ NICOLE*

Nicole shows entrepreneurs and executives how to adapt, overcome and conquer challenging situations by increasing their mental toughness. Her vast arsenal of personality-driven and proven techniques will propel them towards; making decisions quickly and concisely, learning how quickly adapt to change and creating a limitless mindset so they can outperform in any environment.

Nicole, better known as The Fortitude Coach, is a 25 year military spouse, and owner of The Fortitude Institute. As a Transformational Success Coach, Certified Confidence Coach, Certified DISC Behavior Instructor and International Speaker, she has enthusiastically inspired and challenged audiences (for the better) for over 20 years.

"CIRCUMSTANCES DON'T DEFINE YOU THEY REFINE YOU. HOW TO PERSIST AND SHATTER YOUR SELF-IMPOSED LIMITS"

Who you become is a matter of choice fueled by emotions, thoughts and actions working together. In this highly interactive keynote, Nicole reveals to high-performance professionals and entrepreneurs the tools needed to contend with the predicament vs problem syndrome. She equips her audience to tackle the reaction vs response disorder while maintaining self-control and identifying the presence of choice in the toughest situations. Attendees leave mentally and emotionally stronger, better equipped to outperform in all situations, especially paralyzing and indecisive moments.

Attendees will learn:

1. How to contend with the predicament vs problem syndrome
2. How to tackle the reaction vs response disorder
3. How to enhance their decision-making time



Nicole is AMAZING. She is a passionate, direct person who genuinely loves what she does. In one session, she quickly nailed down the root obstacles standing in the way of my goal and helped me commit to small steps toward achievement. **Her insights are gold, I'm telling you!**

Sonya Torres, Human Resource
Consultant

“Working with Nicole **is a must for any professional or entrepreneur** who feels they are not reaching their full potential.

Sharon Gutierrez, Owner, Shar' Marketing Enterprise

"Response vs Reaction, How to be "The Best You, No Matter The Situation"

Who you become is a matter of choice fueled by emotions, thoughts and actions working together. In this keynote young people learn how to move beyond their circumstances and ascertain skills to grow and develop even when they feel the world is against them. In an uncanny way, Nicole empowers her listeners to embrace their individual power through learning the difference between responding vs reacting, equipping them with the tools to rewrite the narrative of every situation. Attendees leave mentally and emotionally stronger, prepared to be the best version of themselves regardless of their circumstances, inspired to write their story.

Attendees will leave:

1. How to embrace their individual power and uniqueness
2. How to rewrite the narrative of every situation
3. How to maintain control of themselves in any circumstance

CUSTOM KEYNOTES

Nicole can craft and deliver a custom keynote designed to move your audience into action. Please contact her to discuss the opportunities available for your conference or event needs.

WHY HIRE NICOLE

She's flexible and easy to work with
She creates an urgency for change
She inspires her audience to perform at their highest level
She ignites change



Nicole is a phenomenal speaker. Says exactly what needs to be said to influence a change in you. She has just the right amount of humor and personality while speaking. Nicole also keeps you engaged by asking you questions that make you reflect. **For any engagement involved in speaking, I honorably suggest Nicole! She will not let you down!**

Ebonee Barbadillo, Owner and Real Estate Broker , Inspired Life Realty

PARTIAL CLIENT LIST

Catholic Charities of Fort Worth
Hawaii Police Department Adopt-A-School Program
Federal Bureau of Investigation Adopt-A-School Program
USS Safeguard
Pacific One Mortgage
Shar' Enterprises Marketing Consulting and Management
Inspired Life Realty
West Oahu Networking
Rotary Club Wahiawa
Waipahu High School