



# Nikki Nanos

where mindfulness meets life

214.924.5915

## WHY NIKKI FOR YOUR EVENT?

### Impressive Preparation

“...very impressed with the amount of preparation Nikki does to ensure her presentation is specifically focused to her audience.”

### Fun & Engaging

“...insanely silly one minute and unbelievably astute and inspiring the next. “

### Amazing

“You never cease to amaze me with your ability and talents.” Says someone who’s seen me speak more than once.



Contact Nikki  
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**Nikki works with organizations who want to create a healthier, happier work environment by reducing stress, increasing resilience and building better work relationships.**

## Keynote

### *Calm Focus* Keynote

83% of U.S. Workers experience stress ... why? Work overload, work relationships and work life balance or just a few. Join over 250 million people worldwide who realize the benefits of Mindfulness and Mindfulness Meditation. A little mindful magic and mindful meditation can help us de-stress, build our resilience and create better working relationships by calming the stress and helping us focus with greater clarity and ease.

### *The Magic of Meraki* Keynote

Meraki (Greek) meaning, when you pour the essence of your soul, love and creativity into what you do. When we live Meraki, we are walking the path to what some call purpose, gifting, passion. This highly transformational and inspiring speech leads you down the path to your Meraki. Tune into three life strategies you already know yet may have misplaced in your life. Connect and find your Magical Place of Meraki.

## CLIENTS

- NTMCA – Regional Meeting
- HER NEXX CHAPTER – Virtual MC
- SOROPTOMIST South Central Regional Conference
- ABWA Regional Leaders Conference
- ABWA-North Dallas, Charisma, The Colony



## Breakout or Small Group Sessions

### Mindfulness & YOU

- Growing Mindfully
- Mindful Meditations
- Becoming less judgmental
- Learning to deal with stress
- Sharing Experiences
- Mindful Activities



## Mindfulness Coaching

### Coaching One on One or Small Groups

- Tools to help you find you, love you
- Increase awareness
- Become less reactive
- Become more accepting
- How to give yourself self-compassion

*Nikki always held a compassionate and encouraging space during our sessions. ... there was value, relief, actionable steps, and tools that I could use for continued growth. ~ Colin Z*

*She gave me tools to use during radiation and chemotherapy treatment to keep fear from spinning out of control. Words cannot express how grateful I am for her expertise and kindness. ~ Christine C*

**Nikki's keynotes and breakout sessions are value packed and customized to your needs.**

*Nikki came highly recommended and created a survey, sent it to our membership to get a pulse on what our group was going through specifically. Nikki modified her presentation, based on some very candid survey responses, and presented the membership with "Connection and Positivity in COVID Times" Taking a positive approach to those things out of our control.*

*Nikki shared with us how to live in the present moment, because life is ever-changing, live non – judgmentally, and to live with compassion, as this changes everything, not only your perspective and others as well.*

*The membership had great feedback and many take-aways from her presentation. We wished we had more time with her.*

**Traci Henderson, TRMC**  
Assistant City Secretary, NRH  
PRESIDENT, NTM



*I couldn't keep my eyes off of Nikki because I wasn't sure if she was going to be insanely silly one minute or unbelievably astute and inspiring the next.*

**Dawn Marie Lemonds**  
President-Elect/Soroptimist International of the Americas



*Nikki is a masterful and entertaining speaker who takes her audience with her, teaches them, encourages them, and gives them takeaways to make an impact in their lives and the lives of others.*

**Suzanne R.**  
Women's Forum



### Meet yourself and ...



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