



# From Barriers to Breakthroughs

## Specification Sheet

### Program Overview:

**From Barriers to Breakthroughs** is a high-impact keynote and mindset mastery experience designed to help individuals and organizations confront the mental, emotional, and systemic barriers that hold them back—and transform them into launching points for growth, innovation, and empowerment.

Whether personal or professional, visible or invisible, this program equips participants with real strategies, lived insight, and the confidence to move from stuck to unstoppable.

### Core Framework:

#### Recognize. Rebuild. Rise.

- **RECOGNIZE:** Name the barriers—internal, external, structural, and self-imposed. Awareness is the first act of power.
- **REBUILD:** Shift the story. Strategize through adversity. Use mindset, community, and adaptive tools to reframe the obstacle.
- **RISE:** Turn adversity into alignment. Create breakthroughs with intention, action, and resilience. Lead from the other side.

### Learning Objectives:

1. Identify limiting beliefs and institutional barriers with clarity and confidence
2. Gain tools to shift from a fixed mindset to an opportunity mindset
3. Cultivate resilience and resourcefulness during times of uncertainty
4. Learn real-world strategies for navigating adversity with power
5. Activate breakthrough thinking in teams, leadership, and life

### Ideal Audiences:

Corporate change-makers & leadership teams | Educators, DEI leaders, & nonprofits | Disability & advocacy organizations | Resilient women and parent advocates | Student leadership, athletes, and first-gen professionals | Anyone ready to move past what's holding them back

**Presentation Formats:**

- 30, 45, or 60-Minute Keynote (Live or Virtual)
- Half-Day or Full-Day Workshop
- Retreat Intensive or Fireside Conversation Format
- Breakthrough Coaching Package (3–6 weeks for private clients or cohorts)

**Bonus Materials (Optional Add-Ons):**

- *Breakthrough Blueprint* Digital Workbook
- Personalized Barrier Assessment Tool
- Empowerment Journal & Resilience Tracker
- Leadership Breakthrough Challenge (for teams)
- “From Barriers to Breakthroughs” Story Card Deck

**Audio Visual Requirements:**

- Large screen or projector
- Mic (lav or handheld)
- Presentation clicker
- Live captioning (in-person or virtual)
- Optional: whiteboard or flip chart for workshop sessions

**Key Takeaway:**

“Every breakthrough begins where the barrier once stood. What once held you back can now be your reason to rise.”

**Bio for Event Literature:**

Empower by Nikki is a national movement redefining leadership, resilience, and inclusion—one breakthrough at a time. Founded by award-winning advocate and keynote speaker Nikki Boles (Sanger), the brand delivers unforgettable messages that move people from disempowered to unstoppable.

With firsthand experience navigating the disability world, parenting a child with special needs, leading a national nonprofit, and breaking through barriers in business, Nikki brings unmatched authenticity and actionable strategy to every stage.

From Barriers to Breakthroughs is more than a keynote—it's a roadmap for change. Whether you're facing limiting beliefs, systemic inequities, or burnout, Nikki helps audiences find their power and use it.

### **Introduction for Presentation:**

She's a national award-winning speaker, nonprofit CEO, and the bold force behind Empower by Nikki. A master storyteller with lived experience, she's spent her life turning obstacles into opportunities—and now she's teaching others how to do the same.

Her program From Barriers to Breakthroughs has helped leaders, teams, and everyday warriors reframe hardship, reclaim their power, and rise with resilience.

Get ready to uncover your breakthrough—and become the leader you were meant to be.


### **Booking & Contact Information:**

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