



America's #1 Mental Wellness Expert #YouMatterToo!

Speaker | Therapist | Author

Dr. Nicole is an International Speaker and fast-selling author of inspirational books for women, including "Inspirational Self-Affirming Quotes: Develop A Can-Do Attitude." She's been featured as the Guest Speaker at Centro De Atencion in Panama, Greater Bethel Church, All Nations Church, VA Loma Linda, California State University of San Bernadino, Val Verde School District, Kaiser Permanente at Faith Based Organizations, Governmental Outpatient Mental Health Facilities, Community Based Agencies, and more.

Dr. Nicole is the founder of Arkadie Communication, is dedicated to empowering mothers & professional women to gain and maintain a healthy mindset. Her effective "Can-Do Attitude" method has inspired and empowered hundreds of women to overcome their fears, barriers, and push beyond their perceived limitations. She is known for her authentic and engaging personality that captures her audience and leaves them inspired to change.

Most Popular Speaking Topics

A Can-Do Attitude

The mind is a powerful tool if used correctly. Discover how to overcome life's obstacles and challenges with a healthy mindset by using the Can-Do Attitude method. Learn how to adjust your way of looking at a problem or situation without staying stuck. Attitude is everything... ATTITUDE CHECK!

Moving Towards Mental Wellness

Everyone's goal is to be mentally healthy and to be able to take on life stressors without falling apart. Learn the key fundamentals needed to be happy, whole, and content in life.

Compassion Fatigue & Self-Compassion

What happens when the helper needs help? It is the lack of self-compassion that leads to compassion fatigue, which has a negative impact on the client care, treatment, and causes high risk for increased clinical mistakes to occur. Learn how to reduce risk of Compassion fatigue for therapists and helping professionals.

Loving Yourself-Flaws & All

Trying to live up to societies standard of beauty is hard. Know who you are, the good, the bad and the flawed and embrace yourself, flaws and all with love and acceptance

"Dr. Nicole is an engaging presenter, who brought humor and truth through her antidotes, she was wonderfully received by our staff. We are so glad we invited Dr. Arkadie out!!!" - Lashondra Carino, Coordinator, VA Women's Health Clinic

"Dr. Nicole inspires you to persevere in the midst of adversity and negativity. She provides powerful tools to help you live victoriously and powerfully." - Evangelist Lisa Hopkins



CONTACT DR. NICOLE L. ARKADIE FOR YOUR NEXT EVENT! BOOKING@NICOLEARKADIE.COM

CONFERENCES, SUMMITS, AND EVENTS FOR WOMEN AND MENTAL HEALTH AWARENESS