



Karly
J. NOLAND

AUTHOR | SPEAKER | COACH

About

Karla

J. NOLAND



Long Bio

Karla J. Noland is a wife, working mom, award-winning author, speaker, and certified Life Coach. She is also trauma-informed and passionate about helping others live with purpose and resilience. Karla resides in Durham, North Carolina, with her family.

She is the founder of Reveal Heal Thrive LLC, a personal development company established in 2020 after the loss of her mother. Through her work, Karla empowers trauma survivors to move beyond simply surviving life's storms and instead embrace healing, growth, and thriving. Guided by her core values of spirituality, creativity, uniqueness, personal growth, and helping people, she equips individuals to discover their true selves and live in alignment with their God-given purpose.

Karla's debut book, The Day My Heart Turned Blue: Healing After the Loss of My Mother, along with its bereavement companion journal, is a 6x award winner. This deeply personal project chronicles her healing journey after her mother's passing and continues to inspire readers navigating grief and loss.

Karla is a YouVersion Bible App Content Partner whose devotionals have reached a global audience of 60,000 subscribed readers. Her Bible plans, like Lifting the Weight of Shame with God's Love, show her passion for integrating faith, healing, and practical tools to help people connect with God's Word and find hope.

Through her coaching, writing, and speaking, Karla seeks to inspire others to give themselves permission to pursue their dreams, release the weight of shame and trauma, and embrace a purposeful, thriving life.

Certifications & Memberships



Short Bio

Karla J. Noland is an award-winning author, speaker, and certified Life Coach dedicated to helping people heal, grow, and live with purpose. As the founder of Reveal Heal Thrive LLC, she equips trauma survivors with tools to move from surviving to thriving. Her debut book, The Day My Heart Turned Blue, is a six time award winner, and her YouVersion Bible App devotionals have reached over 60,000 readers worldwide. Karla lives in Durham, North Carolina, with her family.

Coaching Services

Core Competencies

- Individual & Group Coaching
- Mental Fitness Training
- Communication & Collaboration
- Webinars
- Onsite Workshops & Breakout Sessions
- Training & Facilitation
- Guest Speaker & Keynotes

As a Certified Personal Development & Executive coach, I understand why only 20% of people achieve their true potential. I help trauma survivors who seek relief from anxiety and fear, which prevents them from moving forward in making bold decisions to prioritize themselves and live out their dreams. Rather than coach the symptoms, I leverage my Mental Fitness training in Positive Intelligence® so that I can work with them on the root causes that sabotage their desired outcomes.

Reveal Heal Thrive Personal Development Coaching Services:

International Coaching Federation- Associate Certified Coach (ACC):

ACC Credential-holders are trained (60+ hours) and experienced (100+ hours) coaches. They have demonstrated knowledge and emerging proficiency in the application of the ICF Core Competencies, Code of Ethics, and definition of coaching. Earners show a commitment to high ethical standards and have demonstrated, through rigorous assessment, professional competence in their work with clients.

- Get Unstuck Coaching Hour: A one time focused goal-oriented coaching session which helps get right to the core of a specific issue that is preventing you from reaching your goal.

- Reveal Heal Thrive Coaching Package: 12 x 45 minute 1:1 coaching sessions * short and long-term goal setting * unlimited 15 minute Laser Coaching calls between coaching sessions to share "wins" or updates * free Reveal Heal Thrive Personal Development Coaching Journal.

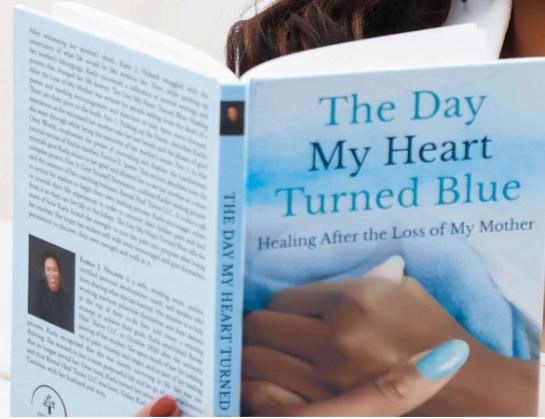
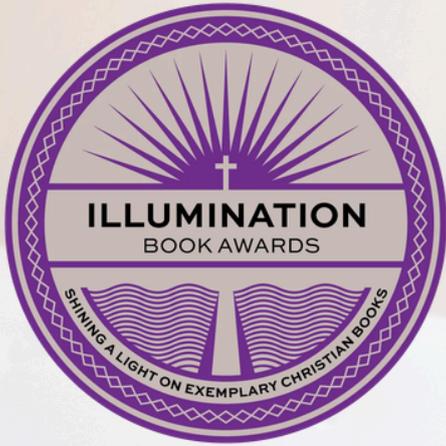
Featured in:



VoyageRaleigh



The Day My Heart Turned Blue, Karla J Noland, Reveal Heal Thrive



2022 Eric Hoffer Book Spiritual Award Winner!

The Eric Hoffer Book Award honors the memory of the great American philosopher and Presidential Medal of Freedom recipient, Eric Hoffer, by highlighting salient writing, as well as the independent spirit of small publishers. Since its inception, the Hoffer has become one of the largest international book awards for small, academic, and independent presses.

Book Description

The Day My Heart Turned Blue: Healing After the Loss of My Mother

After witnessing her mother's death, Karla J. Noland struggled with the uncertainty of what life would be like without her. Then, while packing up her mother's belongings, Karla uncovered a collection of journal writings and prayers that changed her life forever. *The Day My Heart Turned Blue: Healing After the Loss of My Mother* was written for people reeling from the death of a parent and needing encouragement and direction to help them move forward.

Book Information:

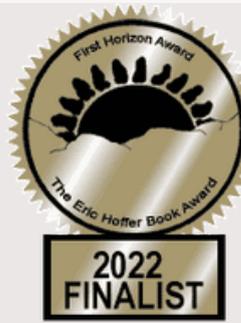
Publisher: Reveal Heal Thrive LLC (November 18, 2021)

Language: English / Pages: 128 / ISBN-10: 1737498111 / ISBN-13: 978-1737498117

Item Weight: 6.4 ounces / Dimensions: 6 x 0.29 x 9 inches / Audiobook: \$28.99

Hardcopy: \$24.99 / Paperback: \$16.99 / e-book: \$8.99 / Wholesale Discount: 55%

Book
Awards





Bronze Winner – 2026 Feathered Quill Book Awards (Religious/Spiritual)

Lifting the Weight of Shame with God's Love Workbook is inspired by the popular YouVersion devotional that has encouraged more than 18,000 readers across 10 countries. Written by Karla J. Noland—YouVersion Content Partner and founder of Reveal Heal Thrive—this workbook helps readers move from simply reading God's truth to practicing it for lasting transformation.

Shame is a heavy weight that keeps us hidden and feeling unworthy, but God's love lifts our heads and restores our identity. This 5-part workbook deepens the original devotional through biblical teaching and interactive spiritual exercises, including:

- Scripture-based devotional insights
- Reflection questions to identify how shame has shaped your life
- Action steps to put God's truth into practice
- Journal prompts for prayer and processing
- Closing prayer prompts to end each session with God's presence

Karla writes from personal experience—offering hope, honesty, and a reminder that God's love is greater than our failures.

Whether you're healing from past mistakes, battling feelings of unworthiness, or longing for a deeper connection with God, this workbook provides a safe, guided space to reflect, release, and renew. Spend just 30 minutes a day and discover how God's love can lift your heart and set you free.

Publisher: Reveal Heal Thrive LLC (October 21, 2025)

Language: English

Pages: 53

e-book ISBN-13: 978-1737498162

e-book: \$9.99

Paperback ISBN: 978-1737498179

Dimensions: US Letter (8.5 x 11 in / 216 x 279 mm)

Paperback: \$12.99

- Available everywhere ebooks are sold worldwide
- Available for purchase through Wholesale Distributors including Ingram Content Group, Inc.
- Paperback workbooks sold via [Lulu bookstore](https://www.lulu.com/bookstore) & <https://revealhealthrive.com/books>

Testimonials



Krystee Chase
HR Diversity Professional

No matter what skill level you are at with public speaking, Karla will elevate you to the next level. She will bring out the best in you and will provide you with materials/content related to your delivery. You will walk away wanting to speak in public every chance possible. I value the time that Karla spent with me.

Prior to working with Karla, I had no experience with presenting as a keynote speaker and limited experience with public speaking. I knew I had a story to tell but did not know which aspects to share and how to share it with my audience.

I have tried reading and watching other speeches. It was great insight, however; I felt I needed guidance on how to tell my story my own way.

I initially held back from wanting to share my personal journey, as I was afraid that it would not resonate with my audience. Karla encouraged me to share my story, reminding me that people are moved by those who are genuine. This conversation empowered me to feel free and to be more authentic in my presentation.



Markesha Parker
IT Engineer Professional

Karla helped me with work life balance and taught me all tasks are possible by prioritizing and setting due dates to a manageable list. I was always trying to "eat the entire cake" as Karla would tell me instead of eating manageable bite-size pieces.

Having a life coach helped me to focus and accomplish instead of over-committing and underperforming. Karla also made sure I scheduled time for self-care. This really helped with the quality time that I could have with my family. A recharged mom and wife were just what the family needed! I would recommend Karla as a life coach for the busy mom. She has a way of making even the most complex situations manageable. The dedicated coaching sessions helped tremendously to self-reflect and plan the week's activities efficiently. A regular check in on victories small and large reduced my stress and increased acknowledgement of my self-worth.



Interview Topics & Questions

- Moving Forward After Trauma
- Mental Health
- Living Through Grief
- Self-Sabotaging Mindsets
- Anxiety, Shame, Guilt & Fear
- Depression & Grief During the Holidays
- Imposter Syndrome
- Mental Fitness: focusing on your capacity to respond to life's challenges with a positive rather than negative mindset.

Contact Me

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