



Karly
J. NOLAND

AUTHOR | SPEAKER | COACH

About *Karla* J. NOLAND



Short Bio

Karla J. Noland is a wife, working mom, award-winning author & speaker, and a trauma informed certified Self-Discovery & Positive Intelligence coach who loves sharing what she has learned. She resides with her family in Durham, NC.

As the founder and CEO of Reveal Heal Thrive LLC, Karla's mission is to help trauma survivors discover their true self after surviving life's storms.

Her latest book and bereavement companion journal, titled *The Day My Heart Turned Blue*, is the 2022 Eric Hoffer Spiritual book award winner, which chronicles Karla's healing journey after the death of her mother.

Long Bio

Karla J. Noland is a wife, working mom, award-winning author & speaker, and a trauma informed certified Self-Discovery & Positive Intelligence coach who loves sharing what she has learned. She resides with her family in Durham, NC.

As the founder and CEO of Reveal Heal Thrive LLC, Karla's mission is to help trauma survivors discover their true self after surviving life's storms.

Karla established Reveal Heal Thrive LLC in October 2020 after the untimely passing of her mother. She spent much of her life holding on to pain, trauma, and anger, and as part of her healing process, Karla recognized that she was merely surviving in life but was not thriving. She wanted to live a more purposeful life and let go of any attachments that no longer served her. Over time, Karla turned her adversity into opportunity, and thus Reveal Heal Thrive LLC was born.

Her latest book and bereavement companion journal, titled *The Day My Heart Turned Blue*, is the 2022 Eric Hoffer Spiritual book award winner, which chronicles Karla's healing journey after the death of her mother.

Certifications & Memberships



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:

- **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.
- **6 Weeks Mental Fitness Bootcamp Program:** Results in peak performance, peace of mind/wellness, and healthy relationships with a sustained change towards a more positive mind by laying down neural pathways to form new habits through consistent daily practice.
- **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

Grappling
with Grief

SPECTRUM
NEWS 1



NAMI
National Alliance on Mental Illness

OPEN to HOPE

THRIVE GLOBAL

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



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 & 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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