

Meet Karla J. Noland – Award-Winning Author, Speaker & Certified Life Coach

Helping others heal after life's storms and live with purpose and resilience



Karla J. Noland is a wife, working mom, award-winning author, speaker, and certified Life Coach. As the founder of Reveal Heal Thrive LLC, she empowers trauma survivors to move beyond simply surviving life's storms and instead embrace healing, growth, and thriving.

Her work is grounded in spirituality, creativity, personal growth, and purpose. A YouVersion Bible App Content Partner with over 60,000 global readers, Karla integrates faith and practical tools to help others release shame, build resilience, and walk freely in God's love.

📍 Durham, North Carolina
🌐 RevealHealThrive.com



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reading God's Word to
personally applying it for
lasting transformation.

TOPICS KARLA LOVES TO DISCUSS 🎧

- Mental Health
- Shame, Guilt & Grief
- Building Resilience & Faith After Trauma
- Personal Development



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