



Karly
J. NOLAND

AUTHOR | SPEAKER | COACH

About

Karla

J. NOLAND



Short Bio

Karla J. Noland is a wife, mother, award-winning author & speaker, and a certified personal development & executive coach. She lives in Durham, NC for over 20 years.

As the founder and CEO of Reveal Heal Thrive LLC, Karla's mission is to help the Working Mother to prioritize herself and her dreams to the top of her "To Do" list with a winning strategy to achieve her goals.

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, mother, award-winning author & speaker, and a certified personal development & executive coach. She lives in Durham, NC for over 20 years.

As the founder and CEO of Reveal Heal Thrive LLC, Karla's mission is to help the Working Mother to prioritize herself and her dreams to the top of her "To Do" list with a winning strategy to achieve her goals.

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

Reveal Heal Thrive Personal Development Coaching is rooted in Positive Psychology and Positive Intelligence and seeks to inspire working mothers to give themselves permission to pursue their goals and dreams. Our goal is to build confidence, provide clarity, and increase capability with each breakthrough that happens by helping women combine their unique superpowers and values to achieve their goals.

Core Competencies

- Personal Development & Executive Coaching – Group / Individual
- Mental Fitness Training for Peak Performance, Wellness, & Healthy Relationships
- Communication & Collaboration
- Webinars
- Onsite Workshops
- Onsite Breakout Sessions
- Training & Facilitation
- Keynotes

As a Certified Personal Development & Executive coach, I understand why only 20% of people achieve their true potential. I help working moms 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:

- **Mindset Fitness Program:** 6 weeks group coaching focusing on your capacity to respond to life's challenges with a positive rather than negative mindset.
- **Grief:** coaching clients to identify and visualize life going forward.
- **Confidence:** coaching clients on building authentic confidence, courage, and self-efficacy.
- **Spirituality:** coaching clients from a spiritual perspective with a focus on the client's spiritual growth and well-being.
- **Resilience:** coaching clients to work through their obstacles in order to set and achieve their goals.
- **Public Speaking & Presentation:** coaching clients through fear of public speaking, organizing and preparing for speeches.
- **Lifestyle:** coaching clients to meet lifestyle goals and overcome challenges.

Featured in: *VoyageRaleigh*

Grappling
with **Grief**



THRIVE GLOBAL

OPEN to HOPE

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.

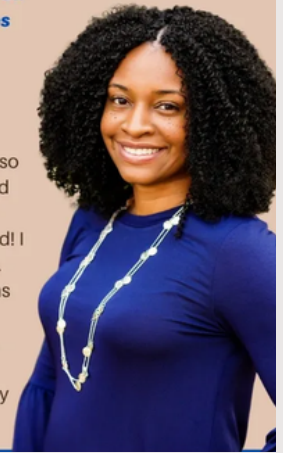
I initially held back from wanting to share my personal journey, as I was afraid that it would not resonate with my audience. Karla encouraged me to share my story, reminding me that people are moved by those who are genuine. This conversation empowered me to feel free and to be more authentic in my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

- Motherhood & Mental Health
- Living Through Grief
- Public Speaking Tips
- Anxiety & Fear
- Depression & Grief During the Holidays
- Mental Fitness: focusing on your capacity to respond to life's challenges with a positive rather than negative mindset.
- Imposter Syndrome: how it shows up in our lives and how to dismantle the lies.
- What has resilience taught you?
- What types of issues do you see Working Moms facing?
- How do you help Working Moms as a Personal Development Coach?

Contact Me

Karla James Noland

Reveal Heal Thrive LLC

PO BOX 52341 Durham, NC 27717



KarlaJNoland@RevealHealThrive.com



www.facebook.com/RevealHealThrive



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www.linkedin.com/company/revealhealthrive



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