



Karla
J. NOLAND

AUTHOR | SPEAKER | COACH

KARLA J NOLAND
REVEAL HEAL THRIVE LLC

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



Capability Statement

Karla J. Noland is a wife, mother, award-winning author & speaker, and a certified personal development & executive coach.

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.

As a Certified Personal Development & Executive coach, Karla understands 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, Karla leverages her Mental Fitness training in Positive Intelligence® so that she can work with them on the root causes that sabotage their desired outcomes.

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.

REVEAL HEAL THRIVE LLC
PO BOX 52341 DURHAM, NC 27717
KARLAJNOLAND@REVEALHEALTHRIVE.COM

State Certifications

A Minority Owned Small Business with SBE & HUBZone certification, with a goal of helping you gain clarity about your vision, eliminate obstacles to your success, accelerate the pace of personal growth and achieve results that empower you to live your best life - professionally and personally.



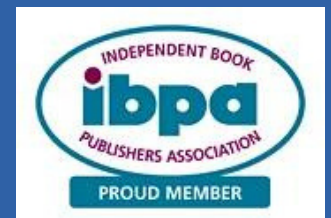
NAICS & PSC

- 611430: Professional and Management Development Training
- 624190: Other Individual and Family Services
- 711510: Independent Artists, Writers, and Performers
- U008: Education/Training- Training/Curriculum Development
- U009: Education/Training
- U099: Education/Training- Other
- 7610: Books And Pamphlets

General Information

Registered Company Name:
Reveal Heal Thrive LLC
DBA: Reveal Heal Thrive LLC
Year Incorporated: October 16, 2020
State of Incorporation: North Carolina
Corporation Type: Single - Member LLC
D-U-N-S Number: 096789820
CAGE Code: 9AS15

Certifications & Memberships



Contact Information

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