NICOLA McCRABBE



KEEP YOUR PEOPLE PERFORMING THROUGH CHANGE WITHOUT BURNING THEM OUT

SIGNATURE TALK

Steady the Wobble
How Leaders Sustain Performance Without Overwhelming Their People

Formats Available

- **Keynote:** 45–60 min
- **Workshop:** 90 min to half-day

Your audience will leave able to:

• Spot the wobble: pressure that looks like competence
• See the full load people are carrying
• Rebalance it with the SIT-UPP™ framework
• Act this week with one 10-minute step

Also available: **What If Success Could Feel Different?** Redefining achievement, identity and well-being (new for 2027).

WHAT PEOPLE ARE SAYING

"...so relevant that I joked she must have been following me around for the past few years." (Myja Miller, CFO, COO, Acumen Capital Partners)

Nicola McCrabbe, MSc, PCC, is an executive coach, speaker and author of Burnout Be Gone. With over 10 years of coaching experience and a background in technology, higher education and corporate environments, she helps leaders and high achievers navigate pressure and change while sustaining performance and well-being.



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BOOK NICOLA

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