

NICOLA MCCRABBE

THE BURNOUT COACH



BIO

Nicola McCrabbe is a certified leadership coach and speaker specializing in burnout and performance.

Her book, *Burnout Be Gone, Healthy Habits for the Overwhelmed Perfectionist at Work*, provides three practical tools (BREs, The Five Rs and The SIT-UP™P Framework) to help professionals become more resilient and productive, one habit at a time.

Her coaching company provides solutions based on mindset and mental fitness habits that help to create confidence, focus, energy and calm.

SPEAKING TOPICS

- BURNOUT: BETTER PEOPLE - ONE HABIT AT A TIME
- BOAST PERFORMANCE FOR THE NEXT QUARTER
- IMPOSTER SYNDROME: BREAKING THE RULES TO BE SUCCESSFUL WITHOUT IT BEING STRESSFUL!

EVENT TYPES

- LUNCH & LEARN
- CONFERENCE & PROFESSIONAL DEVELOPMENT
- LEADERSHIP COACHING

Testimonials

I wanted to thank you again for such an engaging and thoughtful presentation last evening. So much great feedback, people loved how open, honest and real you are, especially sharing your journey and stories.
Kevin MacP, VIP Programs

Thanks for the awesome session Nicola! Burnout at the workplace (or in life) is real and doesn't help anyone including the individual or the organization. Your session had great insights about strategies to identify and tackle burnout
Vishal P, Senior Manager

Thanks for the amazing presentation to the Mount Royal Staff during our Professional Development days. I found it engaging and helpful, and I believe it really helped all those in attendance. Thanks for sharing your knowledge and stories with us.
Kelsey S, Timetabling specialist

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