

NICOLA McCRABBE



HIGH PERFORMANCE UNDER PRESSURE — WHEN THE STAKES ARE HIGH

Helping leaders and teams sustain performance through growth, change, and relentless demands

KEYNOTE & WORKSHOP TOPICS

HIGH PERFORMANCE UNDER PRESSURE; Why Your Best People Struggle—and What Leaders Miss

Practical tools to support your people — without losing focus, energy, or engagement.

PERFORMING YOUR BEST WHEN THE STAKES ARE HIGHEST

How to sustain clarity, energy, and execution in high-demand environments.

WHAT PEOPLE ARE SAYING

“Open, honest, and real.”

“Great insights and strategies.”

“Loved her stories.”

Nicola McCrabbe, MSc, PCC, is an executive coach, speaker, and author of *Burnout Be Gone™*. A former computer science professor turned leadership coach, she helps leaders and high-performers sustain performance under pressure. Through her science-based SIT-UPP™ framework — Nicola provides practical strategies to protect energy, maintain engagement, and perform consistently in high-demand environments.



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BOOK NICOLA

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