

NICOLA McCRABBE



HIGH PERFORMANCE UNDER PRESSURE — WITHOUT BURNOUT

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

KEYNOTE & WORKSHOP TOPICS

THE SUSTAINABLE EDGE

How leaders sustain high performance without burning out their best people.

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."**

 **"Practical 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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