



Coaching | Training | Leadership Development
Small Shifts. Big Transformation



Nicole Ensmenger COTA/L, MLCT
Strategic Growth Partner & Creativity Instigator

The Heart Behind the Work

There was a time I felt lost - buried in grief, disconnected from myself, and unsure what came next. That painful pause became my turning point. Through creativity, reflection, and small intentional shifts, I reconnected with my purpose and path.

Now, I help others do the same.

Whether you're an individual in transition or a team seeking fresh energy, I guide people through the messy middle - helping them craft their next chapter with clarity, creativity, and purpose.

Common Challenges I Help With

- Burnout, low morale, or “change fatigue” in teams
- Poor communication and lack of psychological safety
- Disconnection among staff or departments
- Struggles with leadership confidence or emotional intelligence
- Difficulty navigating transitions (growth, restructuring, or leadership shifts)
- Team members feeling stuck, uninspired, or creatively drained

Real Results

- Renewed purpose and self-awareness
- Confident, heart-centered leadership
- Stronger teams and improved morale
- Emotional resilience and clarity
- More creativity, joy, and forward momentum

Let's Connect

Whether you're navigating what's next - or leading a team that needs a reset - I'd love to connect.

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Based in Bethlehem | Supporting clients in-person, online, and wherever transformation is needed

How I Help



Personal & Professional Coaching

1:1 and group coaching to support confidence, clarity, and forward movement.



Leadership & Team Development

Interactive workshops designed to build trust, communication, & personal leadership.



DISC & Communication Training

Understand yourself and others to create healthier, more productive team dynamics.



John Maxwell Leadership Programs

Masterminds, trainings, and experiences rooted in timeless leadership principles.



Creative Wellness Sessions

Use expressive arts, journaling, and reflection to reduce stress and unlock creativity.

Real Story of Growth & Transformation

“Nicole is a dynamic presenter who takes the time to get to know her audience, their needs, and how they will benefit from a particular topic. I have taken part in multiple trainings with Nicole. I always walk away reflecting on actionable steps she provides. Nicole conducted a leadership training for my student employees about leadership. Each student walked away with strong appreciation of Nicole's skills and learning outcomes. If you have a chance to invite Nicole to train with you 1 on 1 or as a team, jump at it!” ~Kristy V. DeSales University