

Nicole Paquet

TEDX SPEAKER

AUTHOR

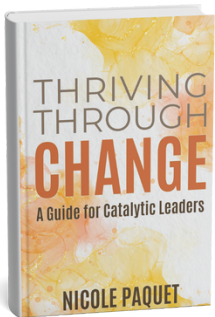
STRATEGIC CHANGE ADVISOR



How to thrive when uncertainty is everywhere.

Grounded stories and usable tools to create clarity and momentum in tough seasons

**Author of
Thriving
Through
Change**



Most people don't struggle because they don't care or because they aren't capable. They struggle because pressure goes up fast. That's when people grip tighter, speed up, and try to manage what they can't control.

Nicole's TEDx talk and advisory work focus on one thing: helping leaders stay steady without gripping for control. Her approach gives people language for honest conversations, a way to listen beneath the surface, and simple next steps that work in real life.

What audiences take away

Participants leave with:

- A reset for tough seasons
- Language for honest conversations without blame or shutdown
- A listening tool: facts, meaning, need
- A next-step plan: capacity, roles, and support

How it's delivered:

Grounded, story-driven, and engaging, shaped by advisory work with leaders and teams navigating real-time disruption.

Loosen the grip. Speak the truth. Invite support.

Keynote | Fireside | Workshops | Emcee

Signature session

How to Thrive When Uncertainty Is Everywhere: A reset that gives audiences language for honest conversations and a clear next step.



— “ —
You don't need all the answers.
You need the next right step.
— ” —