



NIC MONTEFORTE

SPEAKER | CORPORATE FACILITATOR | COACH

BREAK FREE FROM THE HIDDEN FORCE STEALING YOUR POTENTIAL

High-achievers aren't failing because they lack skills, intelligence, or ambition—they're unknowingly drowning in stress debt. Just like financial debt, unfinished stress cycles compound daily, silently depleting performance, energy, and decision-making capacity. I help leaders, executives, and teams clear their stress debt and establish a high-performance "stress economy"—where calm, focus, and energy become assets rather than liabilities.

nicmonteforte.com/for-business/workshops

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"This powerful woman stands up and WOW. Nic has a presence that captures the room, and her message and delivery inspired me like no one before!"

Justin Ashley - 2021 Young Entrepreneur of the Year



Nic Monteforte is on a mission to redefine peak performance for high-achievers. With over two decades of expertise in coaching executives, entrepreneurs, and elite teams, she blends science-backed performance strategies with the power of calm leadership to help individuals break free from the hidden stress forces limiting their potential.

Her latest book, "Unstoppable You: Break Free from the Hidden Force Stealing Your Potential," reveals how stress debt silently accumulates in the body, hijacking focus, decision-making, and energy levels—without people even realising it. Through her unique methodology, Nic teaches leaders how to identify, clear, and stay ahead of stress debt so they can sustain high performance without burnout.

As a sought-after corporate speaker and coach, Nic has worked with organisations to increase resilience, enhance executive decision-making, and embed calm as a competitive advantage. Her strategies help teams optimise productivity, unlock creative problem-solving, and create a "stress surplus" that fuels long-term success. Nic is also a certified Vedic Meditation Teacher and brings a holistic, science-meets-wisdom approach to leadership, performance, and well-being.

Signature Talk Titles

- ✓ **Unstoppable You: Breaking Free from Stress Debt**
 - The hidden cost of physiological debt—how unresolved stress is silently
- ✓ **The Stress Economy: How to Stop Operating in Deficit & Start Building Surplus**
 - Why "time management" isn't your problem—energy management is.
 - How to establish a "stress surplus" to stay ahead of burnout and overwhelm.
- ✓ **Calm Leadership: The New Competitive Advantage**
 - Why high-achieving leaders fail when they don't control their nervous system.
 - How to make better, clearer decisions under pressure—without getting emotionally hijacked.

Also listen on...



What others say...



Since listening to Nic, I've been elevated to an entirely new level of operation. Her blend of wisdom and performance has been a true game changer. I've developed a holistic approach to personal and professional growth, and I'm already witnessing substantial results from our collaboration. Anyone who recognises their potential for greater accomplishments in life should definitely hear what Nic has to offer"

Shane Fitzgerald - MD Milky Lane Holdings



Nic is an exceptional coach and presenter. She recently spoke to our team at our annual training day and her depth of experience and knowledge around the topics of stress release, mental health, productivity and mindset were so beneficial especially in the current environment with the impact covid has had on society. Everyone left with a number of key lessons that they are adopting in their everyday schedules. Her talk was highly motivating and energising. We can't thank Nic enough for the wisdom she shared with us!

Carly Franks Marketing Manager



As a presenter of business concepts, shifting the performance needle or annihilating stress, she delivers immediately actionable nuggets that you can carry straight into your life

Emma Barry - CEO Trouble Global