

## One line

12 WORDS

Nic Monteforte teaches high performers to clear stress debt and lead from calm.

## Short bio

APPROX 110 WORDS



Nic Monteforte is a Capacity Coach, qualified Vedic Meditation teacher, TEDx speaker and author of *Infinite Capacity* and *The Calmest Woman in the Room*.

She spent nearly thirty years in leadership and high performance, becoming the first female Director at Fitness First Australia, where she ran a A\$250 million operation with more than 2,500 staff, before building and losing her own company and rebuilding from half a million dollars of debt.

Vedic Meditation was what finally worked when two decades of discipline had not. She now coaches and speaks globally on clearing stress debt and leading from calm rather than chaos, with a particular focus on high-performing women navigating menopause without losing their edge.

## THE ARGUMENT

High achievers are not failing for want of skill or ambition. They are running on borrowed energy. Unfinished stress cycles compound daily, like debt, quietly draining performance, energy and decision-making capacity. Clear the debt and calm becomes a competitive advantage.

## Long bio

APPROX 340 WORDS

Nic Monteforte works with high performers on the thing sitting underneath the performance. A Capacity Coach, qualified Vedic Meditation teacher, TEDx speaker and author, she has spent nearly thirty years in leadership, coaching and peak performance.

Her path started with an Olympic aspiration in downhill skiing and turned after a knee injury. That pivot led to a Bachelor of Education in Physical Education and Human Movement, certifications across sports coaching, Vedic Meditation and Vedic Sciences, and qualification as a DiSC Profile Trainer.

She became the inaugural female Director at Fitness First Australia, managing more than A\$250 million in annual revenue and leading over 2,500 employees, then moved through C-suite executive and founder roles across several sectors. In 2014 her own company collapsed. She was left with roughly half a million dollars of debt, no income, two children, and stress measured by health professionals in the highest percentile of the scale.

Running underneath all of it was a second story: severe endometriosis diagnosed at 23, around ten surgeries through her thirties and early forties, and a hysterectomy at 42. Two decades of building a career inside a body already under strain.

Vedic Meditation was the thing that worked when discipline, therapy and exercise had not. She went on to train and qualify as a teacher, and built the Stress Debt Economy framework from the combination of what she had lived and what she had learned.

Nic now coaches and speaks internationally to executives, founders and senior leaders on clearing accumulated stress and building capacity that holds under load. A specific strand of that work addresses high-performing women moving through perimenopause and menopause, the subject of her second book, *The Calmest Woman in the Room*.

She is known for combining science, story and tools people can use the same week. Her earlier books are How To Calm Down Before You Blow Up and A Busy Parent's Guide to Raising Super Healthy Kids.

**Selected clients**

ORGANISATIONS NIC HAS WORKED WITH

Commbank · Fitness First · Anytime Fitness · Michelle Bridges · Milky Lane · Hyper Apps · Balance the Grind · Magic Mountain · NG Farah · Adrian Bo · Roar Active · Bright & Duggan