



NIC MONTEFORTE

SPEAKER · CAPACITY COACH · VEDIC MEDITATION TEACHER · AUTHOR

Break free from the hidden force stealing your potential.

nicmonteforte.com · nic@nicmonteforte.com · Sydney, Australia & globally

High achievers are not failing for want of skill, intelligence or ambition. They are drowning in **stress debt**. Like financial debt, unfinished stress cycles compound daily, quietly draining performance, energy and decision-making capacity. Nic helps leaders, executives and teams clear that debt and build a stress economy where calm, focus and energy are assets rather than liabilities.

Signature keynotes

The Stress Debt Economy

Why performance is crashing globally, and how to lead without depletion.

Effortless Under Pressure

A practical method to stay calm, clear and effective in any situation.

Calm Leadership: The New Competitive Advantage

Why high-achieving leaders fail when they cannot control their nervous system, and how to decide well under pressure without getting emotionally hijacked.

Infinite Capacity Leadership

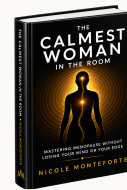
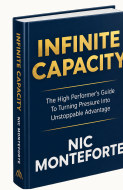
How to build high-output teams without sacrificing wellbeing.

The Calmest Woman in the Room

High-performing women through perimenopause and menopause, without losing their edge. For women in leadership programmes and conferences.



The books



Infinite Capacity

The High Performer's Guide to Turning Pressure Into Unstoppable Advantage.

The Calmest Woman in the Room

Mastering Menopause Without Losing Your Mind or Your Edge.

Credentials

- **TEDx speaker**, Hayden Orpheum, Cremorne
- **Qualified Vedic Meditation teacher**
- First female Director, **Fitness First Australia**
- Led **A\$250M** operation, **2,500+** staff
- C-suite executive, founder, DiSC Profile Trainer
- BEd, Physical Education & Human Movement
- Nearly 30 years in leadership and coaching

Also heard on

Roll With The Punches · **The You Project** with Craig Harper · **The People Leaders Podcast** · **The Mind of George Show**

"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

"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."

SHANE FITZGERALD — MD, MILKY LANE HOLDINGS

"She delivers immediately actionable nuggets that you can carry straight into your life."

EMMA BARRY — CEO, TROUBLE GLOBAL