



CLARITYWORKS

# NICOLA BENTLEY PRESS & MEDIA KIT

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CLARITYWORKS.CA

# ABOUT NICOLA

Nicola Bentley, IMTA, CMT-P: Based in Vancouver, BC, Nicola Bentley is a resilience educator and certified mindful leadership facilitator. She is the founder of ClarityWorks Training and the creator of the Power of Resilience workshops. Nicola trained as a mindfulness facilitator through UCLA's Mindful Awareness Research Centre (MARC), Semel Institute for Neuroscience and Human Behaviour. She leads workshops for organizations to empower team members to bring resilience, clarity, purpose, and alignment to the demands of everyday leadership. She is also an executive leadership advisor.

Nicola brings twenty years of senior executive experience as a marketing strategist, facilitator, community and government stakeholder engagement specialist, and brand steward with Fortune 500 companies to her leadership talks and training programs. Nicola is also a leadership facilitator with WNorth Connect, a global organization supporting women in senior executive leadership and entrepreneurship.

## **MISSION / VALUES**

At ClarityWorks our mission is to enhance inner wellbeing and life mastery through applied-mindfulness and resilience building programs that are accessible and practical for leaders and teams in workplaces everywhere.

# TESTIMONIALS

"I attended a presentation by Nicola relating to workplace mindfulness and was immediately engaged, interested and didn't want the presentation to end. During Nicola's talk, she presented tangible tips that I could use daily and also share with my team to help improve our daily working routine and life in general. I would highly recommend Nicola for her workshops, especially since mindfulness is a topic that everyone can benefit from in all aspects of our workplace and life."

Jane Stoller, Founder and Author, Organized Jane

"I had the pleasure to attend Nicola's workshop on The Resilient Leader, Mindful Self Awareness for Self Care for Vancouver Women in Technology. The energy, information and engagement that Nicola brought to the workshop was amazing. Nicola projected her genuine warmth, humour, and passion for leading and living mindfully in a way that was very accessible. I definitely recommend her workshop for any organization looking to introduce the benefits of mindfulness to their employees and culture."

Christina Florencio, Client Success Manager at OpsGuru, a Carbon 60 Company.





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# PRESS RELEASE

## NICOLA BENTLEY LAUNCHES NEUROSCIENCE-BASED LEADERSHIP PROGRAM: "MINDSET OF A LEADER"

### **The Art and Science of Resilience: Awareness and the Power of Neuroplasticity**

In this evidence-based or neuroscience based 4-session program, Bentley delves into the realms of resiliency, introspective intelligence, and relational teamwork to equip participants with invaluable skills.

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# CONTACT INFO

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