

Nicole Van Valen

Internationally Recognized Speaker -
Consultant - Published Author



SAMPLE TOPICS

- Growing Your Resilience: Navigating the Changes at Work
- Empowering Resilience: From Insight to Action
- The Joyful Leader®: Elevate Resilience, Prevent Burnout, and Lead with Lasting Impact
- Navigating Burnout: Resilience Tools for Healthcare Providers
- Culture That Energizes Performance

RECENT SPEAKING ROLES

- 2nd Spark
- DA4S
- Ellevate
- Mary's Center
- Florida Mental Health Counselors Association
- National Association for Wedding and Event Planners
- Nova Southeastern University Florida
- Women's Executive Club of Fort Lauderdale
- SHRM

BIO

Nicole Van Valen, M.S., L.M.F.T., SHRM-SCP is an internationally recognized speaker, consultant, and published author of *The Joyful Leader®*. With over 25 years of experience spanning healthcare, behavioral health, and entertainment, she equips executives and organizations to manage stress, build resilient cultures, and lead with empathy, clarity, and impact. Nicole is the Founder and CEO of Keane Insights®, where she integrates neuroscience, mental health expertise, and leadership development to transform workplaces into high-performing, engaging environments. She is a trusted mental health expert frequently featured on CBS4 News Miami, where she provides insights on topics ranging from student anxiety and depression linked to bullying to workplace burnout and performance. Her thought leadership on resilience and organizational well-being has also been spotlighted in *SUCCESS Magazine* further establishing her as a leading voice at the intersection of mental health, leadership, and high performance. A former Miami Dolphins Cheerleader and Miami HEAT Dancer, Nicole brings dynamic energy and authenticity to every stage — championing transformation through joy and proving that resilience isn't just a mindset; it's a strategic advantage.

SAMPLE TESTIMONIALS

“Nicole is incredibly inspiring and provides relevant, actionable solutions to dealing with stress.” - *Henry F. Huang, Chief Executive Officer*

“Nicole brings a rare combination of mental health expertise, executive experience, and human warmth to the stage. She elevates the entire experience, whether keynoting, moderating, or emceeding. Her timing, presence, and clarity consistently turn passive listeners into active, empowered participants.”- *Executive Director, Global Biopharmaceutical Company*