



Erin Nicole

Calm IN THE Chaos

The Energy Gym

I help people understand their emotions and energy in a simple, real-life way so they can feel calmer, more confident, and more connected.

Keynote Speaker | Emotional Awareness • Energy Intelligence • Real-Life Tools

You're not overwhelmed — you're absorbing everything around you.

Most people have never been taught how to understand what they feel—let alone how to work with it.

This talk introduces a grounded, practical approach to emotional awareness and energy regulation that helps people feel clear, steady, and in control of how they show up in their lives.

WHAT THIS TALK DELIVERS

Audiences will walk away with:

- ✓ A clear understanding of why they feel overwhelmed in certain environments
- ✓ Awareness of how their energy interacts with people and spaces
- ✓ Simple tools to regulate emotions and reduce overwhelm in real time
- ✓ Practical ways to stay grounded, focused, and present
- ✓ Increased confidence in navigating relationships and high-pressure situations

THE ENERGY GYM

A simple, repeatable system audiences can use immediately:

Notice – What am I feeling?

Separate – Is this mine?

Reset – How do I return to myself?

These tools help individuals move from emotional overwhelm to clarity, connection, and confidence—without needing prior experience or background.

ABOUT ERIN

Erin Nicole is an educator, speaker, and energy practitioner who helps people better understand how they feel—and why. With a background in business, health marketing, and years of hands-on experience in emotional awareness and energy-based practices, she bridges the gap between science, lived experience, and practical tools people can use in everyday life. Her work focuses on helping individuals move from overwhelm to clarity by strengthening awareness, boundaries, and connection—both within themselves and with others.

IDEAL AUDIENCES

- Schools & Student Programs
- Educators & Counselors
- Corporate Teams & Leadership Groups
- Wellness & Personal Development Events
- Parent & Family-Focused Organizations

SPEAKING STYLE

Erin's talks are not just heard—
they are experienced.



She combines:

- Storytelling
- Science-backed concepts (energy, nervous system, awareness)
- Interactive exercises (movement, breath, awareness)
- Audience participation and live demonstrations

The result is a talk that is engaging, practical, and immediately applicable.