



SELF BY DESIGN

NICOLE RAYMONDI

Mindset Coach, NLP Practitioner,
& Founder of Self by Design

Nicole has worked alongside top executives, managers, and entrepreneurs to teach them how to master the power of their minds in both professional and personal settings. She believes that true transformation only happens at the level of the subconscious mind, the layer of the mind where all of our beliefs, habits, and emotions are stored. As a result, her method infuses applicable tools from the often disconnected disciplines of neuroscience, psychology, and spirituality to design an innovative approach to mindful leadership that's changing the way we work and live.



Topics of Expertise

Nicole believes that one of the greatest shortcomings of our society lies in our shallow knowledge of the mind and our inability to access its exponential power. Particularly, amongst the growing popularity of mindfulness and meditation, most of us are unaware of the connection between the conscious and subconscious mind. For that reason, she has made it her mission to make this knowledge and the practical application of it accessible to all.

Available to Speak On:

- The Power of the Subconscious Mind
- Connecting the Conscious & Subconscious Mind
- Sustainable Habit & Behavior Change
- Designing Rituals & Routines
- Mindfulness as a Way of Life
- Mindful Leadership
- Mindful Listening & Communication
- Emotional Regulation

Credentials:

- Certified Neuro-Linguistic Programmer (NLP)
- Certified Emotional Freedom Techniques (EFT) Practitioner
- Certified Cognitive Hypnotherapist
- International Coaching Federation (ICF) Certified Coach
- Certified Holistic Wellness Coach

Toolbox:

- NLP Techniques
- Emotional Freedom Techniques (EFT)
- Cognitive Hypnotherapy
- Cognitive Behavioral Therapy (CBT)
- Mindfulness-Based Stress Reduction (MBSR)