

Nicola S. Morgan

Expert in Behaviour Under Pressure, Resilience and Difficult Conversations

When behaviour escalates, pressure builds and conversations turn difficult, Nicola S. Morgan helps people stay calm, lead with composure and turn chaos into calm.

A multi award-winning TEDx and keynote speaker, international education consultant, author and teacher, Nicola has spent over 28 years helping educators, leaders and teams perform under pressure, communicate under stress and bring out the best in others even when emotions run high.

Nicola doesn't just motivate she equips people with practical tools that work in the heat of the moment. Whether it's a teacher handling defiant behaviour, a leader managing a high-stakes meeting, or a team navigating tension and burnout, her sessions deliver strategies that stick, sustain and strengthen.

Nicola's unique insight into behaviour and resilience stems not only from decades of professional experience but also from her own story of grit and perseverance having failed and then successfully completed a solo English Channel swim. It's this lived experience that underpins her belief that calm, focus and determination can be taught, practised and sustained.

A Certified NLP Master Practitioner, IVET Foundation Affiliate and Resilient Leaders Elements & International Values-Based Education Consultant, Nicola has worked with thousands of professionals across education, healthcare and corporate leadership helping those on the edge of burnout reconnect with what they do best: lead with clarity, courage and calm.

Speaking Topics

- Dealing with difficult people & conversations
- Resilience
- Imposter syndrome
- Behaviour in education

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From Chaos to Calm: Your GPS for Difficult People

Let's be honest difficult people are everywhere. The ones who push your buttons, drain your energy and dominate your day. They trigger frustration, derail progress and test even the most patient professionals. From Chaos to Calm, award-winning speaker and behaviour specialist Nicola S. Morgan reveals a practical and powerful roadmap for staying composed, confident and in control no matter how challenging the person or situation. This isn't theory, it's real-world psychology, humour and hard-won strategies drawn from years of working with human behaviour when it's at its worst and helping people bring out their best.

Audiences discover how to recognise the patterns that drive difficult behaviour before they take over, respond with clarity and control instead of frustration or avoidance and reset conversations to move from conflict to collaboration. You can't control difficult people, but you can control how you respond to them and that's the difference between chaos and calm.

Unfinished Business: The Real Story of Resilience

What does it take to keep going when everything in you says stop?

When multi award-winning speaker Nicola S. Morgan set out to swim the English Channel solo, she didn't make it. Hours in exhausted and freezing, she was pulled from the water just short of France. But that moment didn't break her. It changed her. In this raw, uplifting and surprisingly funny keynote Nicola takes audiences inside that moment and what came next. Through powerful storytelling, real-world psychology and evidence-based strategies, she explores what resilience really looks like when things don't go to plan.

Audiences leave challenged, inspired and equipped with four imperfect but practical principles for navigating pressure, change and uncertainty in leadership, education and life. This isn't a story about success. It's a story about continuing and why unfinished business might just be the truest form of resilience.

Beyond Correctives: Creating a Culture Where Behaviour Thrives

Every school faces the same challenge, too much time spent firefighting behaviour and not enough time focused on teaching and learning. Exclusions are rising, staff are exhausted and low-level disruption is draining energy from classrooms. This keynote offers a new way forward. It explores how to move beyond behaviour management and build a culture where expectations, consistency and relationships drive genuine change. Through evidence-informed practice and real-world experience, it shows how to reduce exclusions by addressing the root causes of challenging behaviour early, while giving staff the clarity, confidence and consistency to manage both high-level and low-level behaviour effectively.

Delegates will learn how to balance correctives and reinforcements to create calm, predictable classrooms and align behaviour systems so they feel supportive, fair and sustainable. This isn't about compliance it's about culture, a culture that inspires respect, responsibility and lasting change.