

NICOLA S. MORGAN



Expert in Behaviour, Resilience and Difficult Conversations



When pressure rises, emotions escalate and conversations become challenging, Nicola S. Morgan helps leaders, professionals and teams perform at their best. She **specialises in supporting people** to communicate clearly under stress, stay calm under pressure and bring out the best in others when behaviour, conflict or emotion threaten performance.



A **multi award-winning TEDx and keynote speaker**, international consultant and author, Nicola brings over 28 years of experience working with organisations where the human stakes are high. From healthcare settings and public sector environments to corporate leadership teams, her work focuses on behaviour under pressure, resilience in demanding roles, and navigating difficult conversations with confidence and clarity.



Nicola doesn't just inspire, she equips. **Her sessions provide practical, evidence-informed strategies that work in real time.** Whether it's a senior leader managing conflict, a healthcare team navigating emotional intensity and burnout, or professionals handling high-risk conversations, Nicola delivers tools that are immediately usable, memorable and sustainable.



Her **expertise in resilience is grounded not only in professional practice but in lived experience.** After failing an attempt to swim the English Channel, Nicola went on to successfully complete the challenge solo. This experience underpins her belief that calm, focus and determination are skills that can be learned, practised and sustained even in the most pressured environments.



A **Certified NLP Master Practitioner, IVET Foundation Affiliate, Resilient Leaders Elements and International Values-Based Education Consultant**, Nicola has worked with thousands of professionals across the UK and internationally. She is known for helping people reconnect with what they do best: lead with clarity, communicate with courage and stay grounded when it matters most.

Speaking Topics

- Dealing with difficult people and conversations
- Resilience
- Behaviour Management

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"They thought her session was the best they have heard in years. Not only did her energy, humour and personality engage delegates, her message was entirely on point too. Colleagues felt that they had so many tips and ideas to take back to their schools to help them with behaviour and resilience. I keep being asked if / when we are getting her back."

Gill Price

Cheshire Association of Primary Headteachers

"Nicola tackles the complex realities of behaviour management in schools with a refreshing blend of empathy and actionable guidance. The talk moved beyond theoretical frameworks, providing concrete tips and strategies that have already begun to yield tangible results within our school."

K Milnes

Headteacher, Moorhouse Academy

"I was trying to find an inspirational and engaging person to deliver our behaviour management and in Nicola, we found that and much, much more! The session was vibrant, informative, energetic and an absolute pleasure to take part in."

L Scott-Bowles

Head of Schools, Alchemy Schools

"Inspirational and motivating! Nicola's story epitomises resilience in every sense and we all loved her. We'll use her outstanding messages to help us bounce back, push on and deal with our own 'unfinished business!'"

Christ College Brecon

Recent Keynotes:

From Chaos to Calm: Your GPS for Managing Difficult People

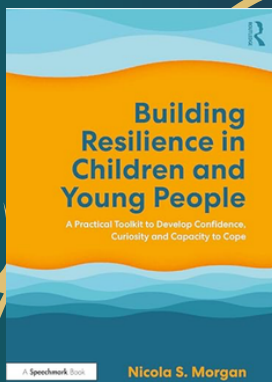
Resilience Under Pressure

Building Resilience in Children & Young People

You're A Behaviour Guru

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New Book

Your GPS:
From Chaos to Calm



TEDx TALK
Unfinished Business

