

Hello, I'm

KATHLEEN NICK

FRACTIONAL CHIEF WELLNESS OFFICER & CONSULTANT

KATHLEEN@KNWELLNESSPARTNERSHIP.COM

WWW.KNWELLNESSPARTNERSHIP.COM



It's nice to meet you!

Welcome to the work of Kathleen Nick, a wellness consultant and fractional Chief Wellness Officer who brings depth, clarity, and humanity to every stage. With roots in mental health therapy and a passion for sustainable well-being, Kat speaks at the intersection of mental wellness and the workplace. This resource offers a window into her story, signature topics, and the meaningful impact she creates for audiences and organizations.

Kat's Vision

I speak and work with businesses and organizations that are looking to attract, retain and develop their employees/members by putting the human-ness back into the workplace. As lines between work and personal life begin to blur in our society, I help these organizations to create a culture of wellness, transparency, and solidarity — allowing their employees/members to be their whole selves at work.

Speaking & Workshop Topics:

- Pressure Proof: Leadership and Teamwork
- Strategic Clarity for High Demand Roles
- Integrated Leadership: Better Thinking, Better Results
- How the Brain Fuels Performance *and* Burnout
- The Alignment Advantage: Purpose Driven Performance
- & other mental wellness topics, developed for your needs!

Connect with Me:



Previous Speaking Engagements:

- 2025 Simply Become It Cohort
- 2025 Health Coach Nation Podcast
- 2025 Empowered Pursuits Podcast
- 2025 Working Mom Collective