

Brittainy Noel

TRANSFORMATIVE SPEAKER INTERNATIONAL THERAPIST

PROFOUND.
IMPACT.

Welcome to the Electronic Press Kit (EPK) for Brittainy Noel a dynamic and influential keynote speaker renowned for empowering audiences in prioritizing mental health and embracing emotional wellness.

WWW.BRITTAINYNOEL.COM

ELECTRONIC PRESS KIT





MEET BRITAINY NOEL, LCSW

Brittainy Noel is more than a speaker; she is a catalyst for positive change. With a background rooted in therapy, coaching, and a passion for guiding individuals through life's toughest transitions, Brittainy brings a unique blend of expertise & humor and to the stage.

HIGHLIGHTS

- **Keynote Speaker:** Engaging and thought-provoking, Brittainy's talks captivate audiences with insights into navigating life's transitions, building emotional resilience, and thriving after adversity.
- **Therapeutic Background:** Brittainy's journey began at MD Anderson Cancer Hospital where she guided clients through the challenging terrain of their cancer diagnoses, and empowering them to navigate their unique paths to recovery. Before opening her Private Practice in 2017 she specialized in PTSD and trauma therapy for combat veterans.
- **Expertise Integration:** Brittainy seamlessly integrates therapeutic methodologies such as Motivational Interviewing, Cognitive Behavioral Therapy, Trauma Processing Therapy, Coping Skills, and Relationship Building into her coaching practice, ensuring a holistic and impactful approach.

SOCIAL MEDIA INFLUENCE IMPACT

Instagram @BRITAINYNOEL

207K
FOLLOWERS

609K
MONTHLY
REACH

74K
ACCOUNTS
ENGAGED

facebook @BRITAINYNOEL

2K
FOLLOWERS

6.9K
MONTHLY
REACH

387
ACCOUNTS
ENGAGED

YouTube GROW WITH BRITAINY

6.3K
SUBSCRIBERS

52K
MONTHLY
REACH

AUDIENCE DEMOGRAPHICS

74%
WOMEN

25%
MEN

40%
AGE 25-34

28%
AGE 35-44

15%
AGE 18-24

11%
AGE 45-54

MEDIA APPEARANCES

ESSENCE



Authority
Magazine



Sherrri



SPARKED CONVERSATIONS

TRANSFORMATIVE TALKS FOR PERSONAL TRIUMPH



Unlock the power of Sparked Conversation, a captivating campaign offering transformative talks that inspire personal triumph. Sparked Conversations, bring a unique blend of therapeutic insights and coaching expertise to the stage. Our talks are not just presentations; they are immersive experiences designed to empower and educate your audience.



- **Engaging and Insightful Presentations:** Sparked Conversations talks go beyond inspiration—they provide actionable insights and strategies for personal and professional growth.
- **Expertise in Personal Development:** With a background in therapy and coaching, Brittainy Noel, LCSW brings a unique perspective to personal development, making complex topics accessible and relatable.
- **Customized Content:** Each talk is tailored to resonate with your audience, ensuring maximum impact and relevance.
- **Interactive Sessions:** Engage your audience with interactive elements, ensuring an immersive and memorable experience.



TOPICS

- "Find Your Spark: Unveiling Your Unique, Purposeful, and Powerful Self"
- "The Mindset Pivot: Transforming Challenges into Opportunities for Growth"
- "Wise Mind: Navigating the Path to Emotional Well-being"

SIGNATURE TALK

S.T.R.O.N.G CEO

In the fast-paced world of professionals, entrepreneurs, and executives, the thin line between success and stress often becomes blurred.

"STRONG CEO" is a transformative keynote designed to guide individuals from a state of S.A.D. (sad, anxious, depressed) to a place of resilience, strength, and success, encapsulated in the acronym S.T.R.O.N.G.

1. Enhance Mental and Emotional Resilience: Equip participants with strategies to navigate threats and foster stability.
2. Reevaluate and Reposition Trust: Encourage critical assessment of trust placement for improved well-being.
3. Promote Renewal Through Self-Care: Stress the importance of self-nurturing practices for sustainable success.
4. Cultivate Forward-Thinking: Develop a mindset to overcome obstacles and foster tenacity for growth.
5. Shape Positive Perceptions: Explore non-judgmental perceptions to reduce stress and enhance relationships.



BOOKING INFORMATION

All of Brittany Noel's messages are tailored to fit the needs of your team! Hire her to inspire your organization now!

 INFO@BRITTAINYNOEL.COM

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