



*Nicole Martin*  
speaker · consultant · futurist · author



**Title:** *The Power Joy and Purpose*

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**INTRODUCTION:**

Everyone deserves to feel joy and purpose each and every day. Every human seeks to find a deeper meaning in what they do, how they live, why are they here? Yet many are still searching. There is no perfect time to find answers to our deepest questions. The answers are often right before you, already deep within you waiting to be exposed. The question is, are you ready to begin your journey to who you really were meant to be?

**AIM:**

People will say we should feel content and blessed with what we have versus what we do not have. Yet, many will look externally to gauge how they are doing. How do I look in the mirror? Is

my home spacious and inviting? Do I drive a luxury car or have I taken an exotic trip? But do you truly wake up embracing each day with joy? If you do, from what do you source your joy from? With 20 extra pounds on your hips and expression lines on your face, are you capable to look in the mirror and see the beauty that radiates from within you? Do you jump out of bed with a purpose that truly fulfills you?

### **MATERIALS AND METHODS:**

Let Nicole show you and your group how to open up your possibilities to reach your full potential. She will share with you the tools and practices that she used on her remarkable journey from a small Montana town to becoming the CEO of her own Chicago based HR Shared Services Firm, Speaker, Author, and Futurist.

### **RESULTS:**

Learning Objectives:

- How to claim your Success in 7 easy Steps
- How to find the Happiness you Deserve
- The Empowering Lens
- Capturing Dignity and Authenticity
- How to surround yourself with people who Bring Out your Best
- And, 3 Secrets to source Confidence & Change your life NOW!

### **CONCLUSIONS:**

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<https://www.amazon.com/Power-Joy-Purpose-Presence-Principles-ebook/dp/B081ZDR1RJ>

### **KEYWORDS:**

Joy, Purpose, Presence Principles, Overcoming Trauma, Life's Adversities, Self-Love, Mental Health.

### **BIOGRAPHY:**

Nicole Martin is Chief Empowerment Officer and Founder of HRBoost, LLC, a HR Shared Services consulting firm based in Chicago, Illinois. In recognition of her professional excellence as well as her community, Nicole has been honored by multiple organizations including most recently as one of Mirror Review's 10 Game Changing Women in 2019. Awardee for Business Excellence by the Chicago Daily Herald, and a 2016 Enterprising Women of the Year Champion by *Enterprising Women Magazine*. A sought-after expert, her knowledge and advice have been featured in newspapers and magazines throughout the country. In addition, Nicole is the host online of ***HR in the Fast Lane*** and contributing writer for the Chicago Business Journal. Nicole has authored, International Literary Award and Amazon Best Seller, ***The Talent Emergency***, the accompanying ***Talent Emergency Guidebook***, ***The Human Side of Profitability***, ***The Power of Joy & Purpose***, and her newly released co-authored book ***No Fear Negotiation for Women***.

Nicole serves on a number of Boards dedicated to Human Capital, Culture and HR Excellence of which include Best & Brightest® Companies to Work For, Social Service in the community and Women in Business. To learn more about Nicole, go to [www.hrboost.com](http://www.hrboost.com) or [www.nicolemartin.live](http://www.nicolemartin.live)