



Lesley Nicole

"She didn't survive to stay silent."

INTERNATIONAL KEYNOTE SPEAKER · AUTHOR · CHILD ADVOCATE

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25+ YEARS EXPERTISE

6 KEYNOTE TOPICS

4 SPEAKING FORMATS

1 MISSION: SAVE LIVES

Lesley Nicole grew up loved — and still attempted suicide more than once. She knows the gap between a child and the adult who could save them not from research, but from memory. Today she speaks internationally, has trained thousands of adults, and delivers the **Trusted Adult Method™** — a proprietary framework that transforms ordinary relationships into lifelines, with deep expertise in ADHD and autism family dynamics.

Most speakers inform. *Lesley Nicole transforms.*

- **She's Lived the Story**
Survivor credibility no credential can replace. Lesley Nicole speaks from inside the experience — that authenticity is unmistakable from the first sentence.
- **The Method, Not Just the Message**
Every talk delivers the Trusted Adult Method™ — a proprietary, actionable framework participants apply the moment they walk out the door. No vague inspiration. Real tools.
- **Heart + Data**
Every principle backed by neuroscience and mental health research — giving organizations the credibility to act and the emotional resonance that makes it stick.



THE BOOK

Come to Me With Anything

A practical guide for parents & caregivers on creating the emotional safety that makes children choose home, openness, and life — drawing from the Trusted Adult Method™.

"Lesley Nicole embodies her message — the room feels it from the first moment she speaks until the very end."

— DEBORAH PLOWMAN

KEYNOTE TOPICS

The Trusted Adult Method™
The signature keynote. Science and soul of becoming the one adult a child will come to with anything — deeply moving and immediately actionable.

SIGNATURE

Before the Crisis
Prevention lives in ten thousand ordinary moments before crisis arrives. This talk reframes youth mental health entirely.

PREVENTION

The ADHD-Autism Connection
Bridging the communication gap with neurodiverse children — including the adult's own internal wiring.

NEURODIVERSITY

Empathy in the Boardroom
The relational tools that save children's lives — applied to workplace culture, leadership, and employee wellbeing.

CORPORATE

HOW LESLEY NICOLE SHOWS UP

Keynote
45–90 min

Workshop
Half or Full Day

Virtual
Global · Zero compromise

Org Programs
Multi-session

SPEAKING FEE RANGE

\$3,000 — \$8,000

Virtual · In-Person · Schools · Nonprofits · Corporate

Limited dates per season

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BOOK ONLINE

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HAS SPOKEN FOR
Berkshire Hathaway
PepsiCo
Nova University
International Stages