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NICOLE KERNOHAN

Elite Coach and Consultant, Elevated Worldwide



Nicole Kernohan is an Elite Coach and Consultant at Elevated Worldwide, where she teaches alongside Tony Child and Bill Banta. Her TEDx talk, "How Words Impact Your Reality," introduces Progressive Affirmations™.

She is the author of *Audacious Joy: The Keys to Living with Freedom, Authenticity & Unshakable Happiness*, and co-wrote the free book *PowerJumps*. After about a decade in corporate business, she moved into coaching.

A multiple sclerosis diagnosis once left her paralyzed on the right side of her body. In her words, she accepted the diagnosis but did not accept the prognosis, and that choice shapes how she teaches perspective.

SIGNATURE TALKS

01 Up Until Now: How the Words We Use Shape What Feels Possible

Why standard affirmations often don't land, and how two short phrases help loosen beliefs that feel fixed.

02 Achieved, But Not Fulfilled: Making Room for Joy in a High-Performing Life

For people who've checked the boxes and still sense there's more: small shifts in words, beliefs and habits.

03 From Inner Critic to Inner Ally: Leading Yourself Before You Lead Others

How a leader's self-talk shapes decisions and communication, and how it spreads to a team.

04 Your Circumstances Aren't Your Conclusion: Moving Forward When Life Changes Course

Two questions, "How is this happening for me?" and "And what else?", for steadying yourself and finding options.

SIGNATURE TOOL

Progressive Affirmations™

A simple language tool that starts where you are, with two phrases. It sits at the center of her TEDx talk and her teaching on Elevated's live calls.

"Up until now…"
"I am choosing…"

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