
NICOLA MERCER

*Transformational Health Coach
Speaker / Podcaster / Writer*

ABOUT ME

Nicola is a transformational health coach helping women build confidence and self-worth using her framework of mindset, movement, nutrition, sleep and stress. A certified health coach and qualified personal trainer with over twenty years of expertise in one of the world's largest sports brands. Specialising in women's health, hormones and menopause, Nicola unwraps the true value of your health so you can thrive and live a healthy, strong, vibrant life - for the rest of your life!



SIGNATURE TOPICS

- Perimenopause & Menopause
- Women's health
- Habits
- Anxiety & panic attacks
- Self-worth, self-belief & confidence

TESTIMONIAL

Nicola is truly an incredible leader that is such an inspiration for so many women. Nicola speaks with such integrity and confidence that I am continuously in awe of her knowledge and insights. - **Katie Storey**

AS SEEN IN



INDEPENDENT



Wellbeing The state of feeling healthy & happy

