

NICHOMI "NIKKI" HIGGINS

Speaker, Psychotherapist, Mindset &
Spiritual Wellness Coach

Nichomi Higgins, also known as NIKKI is a well-respected business woman, coach, mental-health advocate, licensed psychotherapist and passionate communicator determined to make a positive impact in the lives of women around the world. She has had the good fortune to have a varied and rich life, not free from adversity, but shaped by it. Through the use of humor and story-telling, Nichomi speaks to educate, empower and evoke connection. More importantly she speaks to shift mindsets from I can't to I will.

Nichomi is one of few professionals of color who hones a background, specializing in treating eating disorders and negative body image amongst WOC. Mrs. Higgins is not only a champion of wellness and noted practitioner, she has repeatedly served as a guest expert on the Dr. Phil Show, a nationally broadcasted daytime talk series viewed by millions. As a wellness advocate, Nichomi values creating global platforms to discuss the importance of increasing mental health literacy in underserved communities and schools. If you're ready to amplify your event's message, **LET'S GET STARTED!!**



Stop walking through life asking for permission to be you!

POPULAR SPEAKING AREAS

- 🕒 **Empowered Woman:** Releasing ourselves from the bondage of perfectionism is the first step in living more authentic lives of authority, that allow space for grace, love, joy and an enhanced spiritual walk.
- 🕒 **Rising Star:** In a society that heightens our feelings of inadequacy and deficiency, lets make one thing clear young sis, YOU ARE GOOD ENOUGH!
- 🕒 **Empowered Leader:** Connecting to the spirit of and within leadership. Knocking down those internal barriers to harness the energy of a more dynamic and qualitative leadership style.

PARTIAL CLIENT LIST

Dr.Phil, International Association of Eating Disorder Professionals (IAEDP), Diversity & Parenting, National Association of Mental Illness (NAMI), Kennesaw State Univ., California State Univ. Long Beach **and more...**

WHAT PEOPLE ARE SAYING!

"Nichomi is one of the best; an expert in the field" - Dr. Phil

"The ease, kindness and care in which she handles a crowd is amazing to watch." - Audience Member

"Through her story-telling, humor and vulnerability, Nikki has a way of connecting to her audience that makes talking about the hard stuff safe." - Audience Member

"I walked away knowing that I am fully capable of creating the life that I want to live, when I actually take the time to define it."

Let's Work Together!



[instagram.com/solcentered_therapist](https://www.instagram.com/solcentered_therapist)



[facebook.com/solcentered_therapist](https://www.facebook.com/solcentered_therapist)

Nichomi Higgins, LMFT 100789
info@solcenteredtherapy.com
www.solcenteredtherapy.com