



S P E A K I N G & W O R K S H O P S

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Your best people are burning out quietly.

Expand their Leadership Capacity through Health Coaching

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Why This Session, Why Now

The people you can least afford to lose are the least likely to tell you they are struggling.

High performers absorb. They over-deliver, they cover the gaps, and they do not complain. Then one day, they can't do it anymore. Either their depleted health forces them to or they hand in a resignation letter that appears to come out of nowhere — and by the time it reaches your attrition numbers, the moment when it was fixable has long passed.

Most corporate wellness isn't solving for this gap- the one between capacity and information. Your people already know what they should be doing. They have information. But they need help with taking sustainable action. Changing their behavior. And amidst their busy schedules, they don't feel they have the capacity to add 1 more change to their calendar.

I work with organizations to close that gap and change behavior so capacity expands— building the kind of resilience that protects performance before it becomes a retention problem.

Sustainable Health is not a wellness perk. It is an operating requirement for performance.

What makes this different

- **I have sat in the room.** I spent 17 years in corporate finance before this work. I know the calendar your people are living in, the pressure they are under, and why generic advice bounces off it.
- **This is clinically grounded.** I am certified through the Functional Medicine Coaching Academy, the only program partnered with the Institute for Functional Medicine, the global standard in the field.
- **It is built for real schedules.** No overhauls, no 5am ice baths (unless that evokes positive emotions for you), no unrealistic prescriptions. Small, specific shifts that survive a hard day, week, quarter.
- **It is practical, not inspirational.** Your people leave with something they can use on Wednesday morning, not a folder they never open again.

Signature Talks

Every session is tailored to your audience and your objectives. These are the four frameworks I return to most.

TALK ONE

You're Enough, and Capable of More

Recharging your health to expand your leadership capacity

Your highest performers are running on reserves and calling it normal. This session names what depletion actually looks like in a leader who is still hitting every deadline — not the obvious burnout, but the quiet version that hollows out underneath a good performance review.

We move from what is actually draining capacity to what rebuilds it, across eight pillars: faith, emotional, mental, nutrition, sleep, stress, community, and movement. The premise is in the title. Nobody in the room is failing. They are running an operating system built for a different load.

Your people will leave with:

- 1. A language for what they are experiencing.** Depletion is not weakness. It is a capacity gap.
Action: Each person identifies which of the eight pillars is leaking most for them.
- 2. The reason willpower keeps failing them.** You cannot out-discipline an empty tank.
Action: Name one health goal they abandoned, and diagnose why it did not fit their actual calendar.
- 3. Three shifts sized for a 60-hour week.** Thirty minutes earlier to bed. Protein within an hour of waking. One breath before responding.
Action: Pick one and commit to seven days.
- 4. A first step they chose themselves.** Self-selected changes hold. Assigned ones do not.
Action: Write the commitment down and name one person they will tell.

Best for: All-hands, leadership offsites, women's networks, wellness weeks

TALK TWO

Cultivating Calm

A blueprint for stress management

Stress management usually gets taught as something you do afterward — decompress on the weekend, breathe once it is over. That model fails leaders, because the pressure is not episodic. It is in the job, and life.

This session teaches regulation inside the pressure: what is happening in the body when stress spikes, why the reaction arrives before the thought does, and how to build a response that works in a live meeting rather than a quiet room.

Your people will leave with:

1. **What stress is actually doing physically.** Sleep, digestion, focus, and immunity are all downstream of a stress response that never fully switches off.

Action: Identify their own earliest physical signal — jaw, shoulders, gut, or sleep.

2. **A reset that takes under sixty seconds.** Usable mid-meeting, with a phone in hand, without anyone noticing.

Action: Practice it live in the room.

3. **The pause before the reaction.** One breath before responding to a difficult person — long enough to answer as who they are rather than who they have become by 4pm.

Action: Name the recurring situation where they will use it.

4. **A recovery rhythm that is not the weekend.** Small daily replenishment beats one collapse on Saturday.

Action: Choose one daily anchor and put it in the calendar before leaving the room.

Best for: Leadership teams, wellness weeks, lunch-and-learns, high-pressure functions

TALK THREE

Gut Health and the Connection to Brain Health, Immunity and Stress

Why your body keeps score of a demanding schedule

The most science-forward of the four, and the one that lands hardest with skeptical rooms. Most people know stress is not good for them. Far fewer know the mechanism — that the gut and the brain are in constant two-way conversation, and that a stressed schedule shows up as bloating, brain fog, frequent illness, and afternoon crashes long before anything appears on a lab result.

This is education, not diagnosis. It gives people a working understanding of what their bodies have been telling them, and a short list of what actually moves the needle.

Your people will leave with:

1. **How the gut-brain connection works.** A clear, non-clinical explanation of why digestion, mood, focus, and immunity move together.

Action: Connect one symptom they have been dismissing to the wider pattern.

2. **What eating under pressure does.** Skipping meals then catching up late, and eating at the desk mid-task, both carry a cost.

Action: Identify their own highest-stress eating window.

3. **Fiber and diversity over restriction.** No elimination and no trendy protocol — more plant variety and adequate fiber.

Action: Count the different plants eaten last week, then set a specific target for next week.

4. **Three practical shifts.** Chia in water, a wider range of vegetables, and eating away from the screen.

Action: Choose one change to start tomorrow.

Best for: Wellness weeks, lunch-and-learns, healthcare and high-stress industries, ERG programming

TALK FOUR

The Culture of Capacity

Small changes that keep your best people well

Your best people are the least likely to tell you they are depleted. They absorb, they over-deliver, and by the time it shows up in your numbers the moment it was fixable has passed.

Most organizations respond with a wellness app and a step challenge. Those do not touch the reason a director is answering email at 11pm, because that is not an information problem. It is a culture and capacity problem.

This session is about what leaders can actually change: the habits they model, the small norms that either protect or quietly drain their teams, and the environmental details nobody thinks to question. Nothing here requires a budget line or a policy rewrite.

Your people will leave with:

- 1. Their team is copying them, not listening to them.** A leader who sends email at midnight has set a norm regardless of what the handbook says.

***Action:** Identify one visible habit to change, and say it out loud to the team — the announcement is what makes it a norm.*

- 2. A short list of norms that protect capacity.** Meeting-free blocks, response expectations after hours, who quietly absorbs the overflow work, and whether lunch is a real thing.

***Action:** Pick one norm to pilot with the team for 30 days.*

- 3. The environment audit nobody runs.** What food shows up at meetings and what it does to the room's afternoon. Whether anyone stands or steps outside during a six-hour offsite. Whether hydration is available or an errand.

***Action:** Audit one recurring meeting and change one thing about it.*

- 4. Make it collective instead of individual.** Health initiatives fail when they compete with work for the same person's time. They hold when they are built into what the team already does together.

***Action:** Identify one existing team rhythm that could carry a small health habit instead of adding a new one.*

Best for: Leadership teams, people managers, offsites, wellness weeks

Formats

Keynote · 45–60 minutes

A full session with Q&A. Sets the frame for an offsite, conference, or wellness week and gives everyone in the room a shared language for the issue.

Lunch & Learn · 30–45 minutes

Tighter and more practical. Designed to be delivered virtually or in person without disrupting the working day.

Interactive Workshop · 90 minutes – half day

Facilitated, with exercises and small-group work. Everyone leaves with a written personal plan. Caps at 30 for the full experience.

Workshop Series · 4–6 sessions

The format with the deepest results. Sessions spaced across weeks so people implement between them, with accountability built in. Suited to leadership cohorts and ERG programming.

Executive Coaching Cohort · 90 days

Small-group coaching for your highest-potential leaders. Combines group sessions with individual work. Limited to 12 participants per cohort.

What is included with every booking

- A pre-event call to tailor content to your audience and objectives
- Custom examples relevant to your industry and org structure
- A participant takeaway resource, branded to your organization on request
- Promotional copy, headshot, and speaker bio for your internal comms
- Post-event follow-up resource for attendees
- Feedback survey

Logistics

Available virtually worldwide and in person, based in Boston, MA. Travel arranged for engagements outside New England.

Bookings are typically confirmed 6-8 weeks in advance. Please reach out to inquire about accommodations outside those timelines

Investment starts at \$1,950, varies by format and audience size. Contact for a customized quote.

About Olivia

Olivia Nakimera is a leadership health strategist and Functional Medicine Certified Health Coach who helps high-performing women, and the organizations that depend on them, build health as the engine of sustainable leadership.

She spent 17 years in corporate finance helping businesses optimize performance before turning that same lens on the resource leaders most often overlook: their own capacity. Her own experience of near-burnout while juggling a demanding career and a young family led her to Functional Medicine Coaching, and to the conviction that transformation does not require overhauling your life — it requires clarity about your values and small, consistent, intentional steps.

She is certified through the Functional Medicine Coaching Academy, the only institution partnered with the Institute for Functional Medicine, the global standard in functional medicine training. The year-long program covers functional medicine and nutrition principles, motivational interviewing, positive psychology, and behavior design. She is a six-time participant in FMCA's Coaching Advancement Initiative, coaching medical practitioners through elimination protocols and lifestyle change.

Olivia holds a bachelor's degree in Business Administration from the University of Nebraska and a master's degree in International Finance from Brandeis University. She is based in Boston, Massachusetts.

Short bio — for programs and introductions

Olivia Nakimera is a leadership health strategist and Functional Medicine Certified Health Coach. After 17 years in corporate finance, she now helps high-performing leaders and their organizations build the capacity to lead well without running dry. She is based in Boston.

Credentials at a glance

- Functional Medicine Certified Health Coach (FMCA / IFM)
- 6x participant, FMCA Coaching Advancement Initiative
- 17 years in corporate finance
- MA, International Finance — Brandeis University
- BSc, Business Administration — University of Nebraska

Award nomination — Best Health Coach, Boston Business Women, 2025

Proof

What changed for one leader

A newly promoted Chief Operations Officer, early thirties, mother of four. She never took sick days, worked late into the night, slept badly, and woke too tired to be present with her family. She had begun to wonder whether she had the energy to keep going.

Over 90 days we changed a handful of small things — anchored in her values, built on what already worked for her. She left work earlier and made it home for bedtime. She went to bed earlier. She walked outside most mornings before the day got hold of her. She learned to take one breath before responding to a difficult employee.

"Well done my Coach Olivia. You changed my life, thanks so much. I am now a great leader with a lot of energy and great teamwork with my staff."

The demands never changed. She still had the team, the staff, the four children. Her capacity expanded, and she could carry the same load differently.

Testimonials

"This is my first experience with using a health coach and I was very pleased with my sessions with Olivia. She was positive and helpful, good at reminding me of my goals and asking questions to keep my focus on the big picture. I learned a lot about myself and I can't recommend her enough."

— Jennifer Portmann, Nurse Practitioner, North Carolina

"We Hired Liv Wellness because of Coach Olivia's personality and work ethic. Leadership Health and Wellbeing is a foundational pillar in our Leadership Development Program, and Liv Wellness' programming was very effective in addressing the leader's pain points. We saw increased productivity, engagement and sense of belonging and safety, for the leaders who participated in Liv Wellness Coaching."

"It has been such a pleasure to work with Coach Olivia over the past couple of months. She is selfless, and shares her knowledge freely with such passion that her work is both infectious and of absolute relevance. Olivia prepares well for the sessions and is passionate about what she does and has amazing mastery of the content and the rare ability to deliver the content with such grace. I look forward to continuing to work with you Coach Olivia for the long haul. You are the best."

— Debbie Kaddu-Serwadda, Chief of Programs & Leadership Development, Women in Education Leadership (WEL), Wisconsin

Before this programming, I didn't really realize how much my health mattered in being able to help me meet all my responsibilities. I was saying yes to everything and I was so stressed. This programming helped me prioritize what matters to me and come up with a plan that helps me stay healthy and on course during my routines. The section where Olivia talked about Gut Health and how it affects all areas of your health, and how stress affects it stood out to me. Though still a work in progress and not easy because of my culture, I've started making small changes to manage my stress and put myself first before taking care of everybody else.

— Mom and Entrepreneur, WEL Cohort Attendee

Organizations and audiences served (Sample List)



Speaking history (Sample List)

Women in Healthcare Management (WHCM)- “You’re Enough, and Capable of More-Expanding Leadership Capacity through Health”- July’ 26, Virtual 60 min Workshop to 20 Women Leaders in the Healthcare Industry in New England

Charles River School (CRS)- “Expanding Educator’s Leadership Capacity through Gut Health”- April’ 26, In-person 60 min Workshop to 20 School Faculty

Belmadanm Women- “Gut Health and the Connection to Brain Health”- Feb ‘26 Virtual 60 min Workshop to 20 Women Leaders in various industries internationally

Brown Brothers Harriman- “Gut Health and the Connection to Immunity, Brain Health and Stress”- Virtual 60 min Workshop to 400 men and women

Brown Brothers Harriman- “Mindfulness and Leadership”- In person segment to 500 men and women leaders

Common Questions

Is this a wellness talk or a leadership talk?

Both, and that is the point. Health is treated as an input to performance rather than a separate lifestyle topic, which is why it lands with audiences that would tune out of a standard wellness session.

Will you tailor it to our organization?

Yes. Every booking includes a pre-event call, and examples are built around your industry, structure, and the specific pressures your people are under.

Do you give medical advice?

No. I am a certified health coach, not a clinician. I do not diagnose or treat. My work is behavior change, capacity building, and helping people act on what they already know.

Can this be delivered virtually?

Yes. Sessions are designed for both, and the interactive elements work in either setting.

What do participants actually leave with?

A takeaway resource and, in workshop formats, a written personal plan of two or three specific changes they have chosen themselves. Self-selected changes hold; assigned ones do not.

How do we measure impact?

Post-session feedback is included. For workshop series and cohorts, we can agree measures up front — self-reported energy and capacity, participation rates, or existing engagement survey items.

Let's talk about your people.

Tell me who is in the room and what you need them to walk away with, and I will tell you honestly whether I am the right fit.

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