

Consuela Nicole

Author ~ Speaker ~ Life Balance & Confidence Coach



Consuela Nicole is an enterprising woman who rose above her challenging environment. She was raised in South Central Los Angeles, California where she was exposed to drugs, gangs and violence. In addition, she also encountered physical and mental abuse. She was led to believe that being plus sized was not only socially unacceptable - it was wrong. It was in her adult life when she became determined to make a difference to change this hostile, self-debasing mindset and dispel the myths by achieving significant personal growth and overcoming these harrowing experiences.

In 2010 after having lived in Nevada a few years, Consuela Nicole joined a Plus Pageantry organization in Nevada serving as the Executive State Director. While serving as Executive State Director she began networking and building relationships with numerous organizations in Nevada and California. While developing her relationships she observed many who held an identical frame of mind, she discovered she could also serve as a mentor and life

coach. She later studied for and received certification as a Certified Life Coach. It was during this time she also became inspired to create and implement a platform for all ladies to discover in their worth, believe in themselves and have their voice heard despite their size and age. That platform is Stenique.



Keynote Speaker

Inspirational Speaking & Coaching

Confidence Building Workshops

Workshop Facilitating

Consuela Nicole is an Author, Speaker, Life Balance and Confidence Coach, with a specialty and expertise in Self-Love, Self-Esteem, & Self-Confidence. She has dedicated her life to working with teenage girls to well-seasoned women, expressing to them, "Love the skin you're in, in a healthy manner, because we are all made different for a reason!" She works diligently to show them how to love, accept and respect themselves, as they show the world that being different is what makes the world go around!

Stenique lends itself to assist organizations such as A Child's Dream-LA, Brand New Horizon, NFTE Los Angeles, House of Nadia and Ladies in Waiting Gents in Training. Stenique was featured in "Allezom" magazine, April 2014 edition. You can also find daily motivational encouragement on Facebook, Instagram & Twitter.

For Booking inquires contact

www.ConsuelaNicole.com
Bookings@consuelanicole.com
702.337.2923

**IT'S OK TO BE YOU
WE ARE ALL MADE DIFFERENT FOR A REASON**