

PROFESSIONAL COACHING

Evidence-based coaching
for the progressive individual

NIKOLA GIRKE

BHK, PCC, CEC, OLY



MEET YOUR COACH

ABOUT NIKOLA

Nikola is an ICF Professional Certified Coach with over 10 years and 3000+ hours of experience coaching individuals ranging from individual contributors to C-suite executives world-wide.

A five-time Olympian, amongst only a few elite athletes that have achieved a top 10 in the World across 3 different sport disciplines, Nikola used entrepreneurship, creativeness, and grit to manage a global full-scale Olympic operation that necessitated meticulous attention to detail whilst collaborating with others. Nikola brings invaluable experience, mettle, and the same focus and drive into her coaching practice to help clients find creative ways to overcome complex professional challenges. Nikola understands the struggles that come with reaching for the podium and the endless parallels between sport and business allow her to easily relate to her client's needs and goals. Utilizing evidence-based neuroscience, emotional intelligence, and mental health-based techniques, Nikola is dedicated to helping forward-thinking professionals define and achieve their personal concept of success.

Light-hearted, supportive, and appropriately challenging Nikola will help guide her clients towards the realization of their professional and personal aspirations.

WHO I LIKE TO COACH

My ideal clients are high energy, high performing individuals that are stuck in some aspect of their life. These individuals may be individual contributors, senior leaders or in the C-Suite, that have goals or need support in determining what their goals may be, where through my coaching I am able to disrupt their narrative about themselves, challenge them, reframe situations, dig into their beliefs, and help them become aware of their own part in relationships so that they can show up for themselves and others better.

Preferred topics to coach on: Communication, emotional intelligence, work-life balance, work habits & productivity, health/wellness, leadership development, relationships, conflict, transitions, performance, stress/anxiety, goals, executive presence.

Preferred level of individual: I enjoy coaching individual contributors, emerging and senior Leaders and the C-suite.

QUALIFICATIONS

EDUCATION

- ▶ Graduate Certificate in Executive Coaching, RRU
- ▶ Bachelor of Human Kinetics, UBC
- ▶ 5-time Olympian, Canadian Olympic Team

CERTIFICATIONS

- ▶ ICF Certified Executive Coach, PCC
- ▶ Certificate of Applied Neuroscience
- ▶ EQi-2.0 & EQ360
- ▶ Leading with Emotional Intelligence
- ▶ RocheMartin ECR/ECR 360
- ▶ Personal Groundwork for Coaching
- ▶ High-Performance Index
- ▶ CBT, ACT, DBT, Mental Health Coach

“ I am so grateful for meeting Nikola. She is a fantastic and talented coach with the experience and skill sets to provide beneficial guidance on any topic. Working closely with Nikola, I learned new strategies to articulate a better future vision for myself, improve my thought processes, handle challenging situations better and define my priorities to achieve a more outstanding work/life balance.

In addition to my daily Engineering/Manager life, I am an adventurous sailor and outdoor sports enthusiast, and I loved working with her even more after learning about her Olympic-level achievements in wind sport and using more sailing metaphors. She can span the personal & professional spectrums so seamlessly, making working with her more fun and fruitful.

She is an incredible executive coach and has significantly impacted multiple aspects of my life (and those around me); I'd highly recommend her to anyone looking to change their lives for greater satisfaction. ”

- SERTAN GUN | SR. SOFTWARE ENGINEERING MANAGER, ELECTRONIC ARTS (EA)