



# Nicolas Thorsen

Helping you move beyond what you thought was possible

## Overview

Nicolas is passionate about assisting people in finding the best of themselves from within themselves, creating new decisions and new standards of individuality, and within a team. He inspires people to create more joy in their lives, helping them move beyond what they thought was possible. By helping clients become more aware emotionally and physiologically, Nicolas shows them how it's easier to focus and take action to achieve goals.

Nicolas' early career was in real estate and sales where he experienced hands-on the importance of developing and supporting people in order for them to perform at their best. He now coaches clients in the use of energetic and innovative approaches to create a world-class work environment that really makes a difference and where employee wellbeing is at the centre.

## Location

Denmark

## Languages

Danish (native)  
English

## Specialties

Stress prevention, stress management, meditation for business, mindfulness, high performance, authentic leadership, job satisfaction.

## Clients

Nicolas has worked with leaders and HR business partners in a range of industries, including advertising, education, financial services, professional services and public bodies.

## Training & Qualifications

- Certified mindfulness instructor (UCC - University College Capital, Denmark)
- Training in Appreciative Inquiry, Leadership and Coaching (Tony Robbins)
- Diploma in Employment (Copenhagen University of Applied Sciences, Denmark)