

DR. NINA COPELAND

Author/Speaker/
Transformational Coach



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ABOUT ME

If you are going to talk the talk, then you have to walk the walk. Dr. Nina Copeland embodies this sentiment throughout her professional career and in her work with clients. As a transformational coach she helps those who are motivated to do the same in their own lives. To transcend beyond “faking it until you make it” to becoming the person you aspire to be

Having chosen to receive her undergraduate degree in social work, it is clear that a passion for helping others succeed has long been a focus for Dr. Copeland and something she has prioritized for many years, with a master’s degree in Procurement and Acquisition Management from Webster University, an honorary Doctor of Philosophy, and a Business & Entrepreneurship Coach Certificate from T.I.U.A School of Business and with a military background, Dr. Copeland has the knowledge, education, and real-world experience to support clients in reaching their fullest potential. Throughout her academic career and time on active duty, she realized there was a unique way to help individuals, a formulaic way, to unlock their authentic identity and confidence that ultimately led to their success. After creating a methodology for implementing this strategy, Dr. Copeland began using it within her coaching and consulting business founded on self-actualization. The system is designed to take individuals through their current perspective of themselves, see the biases that allow stagnation, and begin the active transformation.



SPEAKING TOPICS

▶ TRANSFORM YOUR MINDSET:

Your perspective can impact your life. By altering your mindset, you can effectively alter the way you approach life. A positive and growth-oriented perspective can be a powerful tool in overcoming obstacles, accomplishing goals, and living a more satisfying life. To begin this transformation, you must first recognize your current thought patterns and identify areas where you may be holding yourself back. With time and dedication, you can achieve this transformation and reap the benefits of a more positive outlook on life.

▶ KNOW YOUR VALUE & SELF-WORTH:

Always bear in mind that recognizing your worth is fundamental. It's your responsibility to acknowledge the significance you bring to any circumstance and not let others or past events dictate it for you. Knowing your worth provides you with the strength and perseverance to recover from even the most difficult situations. This realization can boost your self-assurance and self-respect, assisting you in overcoming any feelings of hopelessness. Ultimately, accepting your worth enables you to lead a gratifying life where you are revered and valued for simply being yourself.

▶ THE IMPORTANCE OF KNOWING YOUR PURPOSE

It is imperative to possess a sense of direction in life. Without a defined understanding of your objectives, the everyday chaos can quickly become overwhelming. Set aside some time to ruminate on your values, passions, and aspirations. What do you desire to contribute to the world? What bestows upon you a sense of fulfillment? Once you have a resolute sense of purpose, executing informed decisions and taking actions that align with your vision for the future becomes effortless. Always remember, when you possess a clear purpose and remain focused on your goals, you possess the potential to achieve monumental feats.

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