

Nicola the proud mother of two amazing people, Nicholas 25 and Zahra 21.

She was born in Kingston Jamaica. She attended St. Andrew Prep and St. Andrew High School for Girls. She raised in New York. Nicola is an Anthropologist by education (B.A. with a Honors Minor in Business from Queens College of the City University of New York). A graduate on NYPD University, a New York State Licensed Cosmetologist, a Licensed New York State Notary Public and a Licensed New York State Real Estate Agent. Nicola was a peer counselor in High School and college as well as a Peer Support Member for the NYPD where her career spanned 25 years and she retired as a NYPD Detective. Nicola spent the last five years of her career conducting citywide training for in service members and executives of the NYPD.

She has many certifications in addition to the aforementioned ones, such as: M.O.I. Training (New York State Methods of Instruction Certification), F.E.T.I. Training (Forensic Experiential Trauma Interviewing). Nicola is a certified Transformational Life and Executive Leadership Coach. It is her desire to be a conduit through which people can discover and become their best self unapologetically. Nicola is able to combine her vast background of unique skills to create a unique coaching experience.

Nicola is a member of Alpha Kappa Alpha Sorority Incorporated and has been so since the age of 17. Nicola currently works in a law firm in St. Albans Queens. They focus on Foreclosure Litigation Estate Planning Wills, Trusts, Deeds, Surrogate Matters and All things Real Estate.

Nicola's first love is writing. Nicola has a genuine love for people and a heart for service. She effuses this in her unique coaching style where the introduction session includes a personal piece crafted all about you and specifically for you. God has used her as a ready writer who is able to empathetically express her life experiences and that of others through metaphor. Coaching allows Nicola to marry her love for learning with her love for people.

Nicola loves everything about The Arts and expresses this through music, writing, clothing designs, drawing, painting, beading, singing and poetry.

Coach Nicola Maureen is an experience of light and love.

Coach

Nicola

Maureen



Coach Nicola M. Sutherland

