



## NICHOLAS INGEL

### TRANSFORMATIVE SPEAKER & STRENGTH COACH



Gold Medal IPF Africa Championships  
in Morocco in 2015



Featured in Men's Health



International Coach & Referee

*Nicholas Ingel is a dynamic and transformative speaker known for his inspiring journey from addiction to sobriety and his unwavering commitment to personal growth and resilience. With over 17 years of sobriety under his belt, Nicholas shares powerful insights on building mental and physical strength, cultivating tenacity, and fostering self-belief.*

#### THE NICHOLAS INGEL DIFFERENCE

Nicholas Ingel's engaging and authentic speaking style, combined with his transformative journey, makes him a sought-after speaker for business events and workshops. His messages of resilience, self-belief, and the power of sobriety resonate with audiences looking for real-life inspiration and actionable takeaways. Nicholas's presentations are designed to empower individuals and organizations to achieve their fullest potential.

*Teaching people the skills to  
develop their physical, emotional  
and mental strength*

## SPEAKER TOPICS

#### ADVERSITY TO TRIUMPH

The Power of Sobriety

In this talk, Nicholas recounts his personal journey from addiction to a life of purpose and sobriety. He highlights the lessons learned and how sobriety became the foundation for his incredible transformation.

#### BUILDING MENTAL STRENGTH

Lessons from Sobriety

Nicholas delves into the mental fortitude required to overcome addiction and how these lessons apply to challenges in the business world. Discover strategies for developing resilience and staying focused on long-term goals.

#### PHYSICAL STRENGTH AND PERSONAL GROWTH

Nicholas explores the role of physical fitness and strength development in his recovery. Learn how the discipline of strength training parallels personal growth, and gain practical insights for achieving your physical and mental best.

## **UNLEASHING TENACITY: A BLUEPRINT FOR SUCCESS**

Discover the key ingredients for tenacity and perseverance in both personal and professional life. Nicholas shares his experiences and provides actionable steps for overcoming obstacles and achieving greatness.

## **SELF-BELIEF: THE FOUNDATION OF ACHIEVEMENT**

Self-belief is the cornerstone of success. Nicholas discusses how he rebuilt his self-esteem and self-worth on the path to recovery and how these principles can empower individuals and teams to reach their full potential.

## **NAVIGATING PERSONAL CHALLENGES IN THE WORKPLACE**

Nicholas addresses the often-overlooked impact of personal experiences on employee behavior and performance. Gain insights into understanding and supporting your team members as they face personal challenges.

## **1 HOUR TALKS • KEYNOTE SPEECHES HALF DAY WORKSHOP**

## **LEADERSHIP THROUGH ADVERSITY**

Leadership is about inspiring others to achieve greatness. Nicholas shares his journey from addict to leader, emphasizing the importance of servant leadership, empathy, and authenticity in business.

## **SALES SUCCESS: THE ROLE OF SELF-BELIEF**

Sales teams face rejection and challenges daily. Nicholas draws parallels between his journey to sobriety and the sales process, offering strategies to boost self-confidence, resilience, and success.

## **WORK-LIFE BALANCE AND EMPLOYEE WELL-BEING**

Nicholas explores the vital connection between personal well-being and workplace performance. Discover how fostering a culture of well-being can lead to happier, more engaged employees.

## **TURNING SETBACKS INTO COMEBACKS**

Learn how to view setbacks as opportunities for growth and success. Nicholas shares strategies for bouncing back stronger and more determined after facing adversity.

## **HIGHLIGHTS**

- ABSA Jewish Achievers Awards nomination, Entrepreneur Category 2022 & 2023
- Received an A Rate from every Bio and Physiotherapist for Powerlifting Lifts for Rehabilitation workshop at Reha Training in Germany, one of Europe's top rehab centres.
- Won Gold for South Africa at the International Powerlifting Federation's Africa Championships in Morocco in 2015
- Coached athletes at international competitions
- Invited to speak at the Wits University Summit on Peak Performance.
- Established and ran an Addictions Meeting at Wits University for students and staff who were battling with addiction and substance abuse.
- Coaches thousands of addicts to use physical training to develop their mental toughness.
- Men's Health Magazine November 2016 & June 2019
- Men's Health 20 Years of Creating Better Men video advert
- National Referee - South African Powerlifting Federation and International Powerlifting Federation