

KEYNOTE SPEAKER NICOLE MADONNA, LCSW



Biography

Nicole Madonna, LCSW (pronouns: She/Her) is on a mission to elevate others through feminist theory, relational cultural theory and existential and narrative therapy. She is a licensed Social Worker and Clinical Therapist with an extensive background in program development, training and therapy with adults for the past 20 years. She received her Master's in Social work from Fordham University and is trained in ACT, CBT and various crisis and trauma response and intervention techniques.

As the founder and CEO of Blue Lotus LCCS, Nicole utilizes a social justice lens to help work with all aspects of the client's experiences. Her clinical focus has been in treating complex trauma including survivors of sexual and interpersonal violence, grief and loss, intersectional identities and the trauma associated with this, work with the LGBTQIA+ community, (specifically transgender and gender non-conforming individuals) and crisis intervention & assessment. She focuses her practice on serving other therapists, medical providers, and educators on how to process/manage burn out, compassion fatigue, and impostor syndrome.

Although a native New Yorker, Nicole has been living and working in Charlotte for the past five years. Her most recent work includes serving the students at Johnson & Wales as the Director of Counseling Services and participating in A Call To Men.

Nicole's main job is being a single Mom to an amazing and energetic little boy whose future goals include being "a pilot who dances in hip hop competitions." She enjoys dancing, cooking and entertaining and exploring all that Charlotte has to offer.

Topic- Practice the Pause: How to Set Boundaries and Take Care of Yourself

Sometimes, we feel overwhelmed by the demands and expectations of others. We may feel like we have to say yes to everything, even if it means sacrificing our own well-being. But that's not healthy or sustainable. That's why we need to practice the pause: a simple technique to set boundaries and take care of ourselves.

In this training, you will learn how to:

- Practice the pause, a simple technique that helps you slow down and become more mindful of your needs and feelings
- Identify and communicate your boundaries clearly and respectfully, and cope with challenging situations and emotions
- Understand yourself and your limits better, and feel more confident and empowered to take care of yourself