

Nicole Harlow

Media + Speaking



Speaking + Writing Topics

MENSTRUAL + SEXUAL HEALTH

Friendly, scientifically-based sex- and menstruation-positive education + tools for all women. Special focus on Fertility Awareness Method and cycle tracking.

UNLOCK YOUR CYCLE

A scientific, integrative + novel approach to life, relationship and business planning using the phases of the menstrual cycle. How can you tap into your deep inner rhythm?

FEMININE IMPACT + LEADERSHIP

What happens when women stop trying to do business like a man and start working in harmony with our cyclical rhythm + strength? Uncover the secrets hidden in our cycle.

“HER PASSION ALLOWS EVERYONE THAT HEARS HER TO DEVELOP A SENSE OF EXCITEMENT FOR LIFE, BUT MORE IMPORTANTLY IN THEIR OWN LIVES THROUGH THE EXPLORATION OF THEIR BODIES.

- Atia, The Sexual Awakening Centre

Nicole Harlow (MA Sexuality, Functional Hormonal Health Nutritionist, Cognitive Behavioral Therapist, yoga teacher) is the author of international bestselling book *Chakra Detox*, host of top-50 iTunes self-help podcast *The Spirited Entrepreneur* and creator of *Your Year of Radical Transformation*, *Namaste MBA + Unlock Your Cycle™* online programs. She is the founder of The Center for Menstrual + Sexual Health™

