



Nancy Martin

Nancy Martin Coaching

Nancy Martin is a renowned speaker, facilitator, best-selling author of *Dance Your Way to an Empowered Self*, and the creator of “Back Off” - a proprietary method of teaching women and girls how to embody confidence so they can repel potential abusers and claim their own authentic voice. She is an Abuse Prevention Expert, Confidence Coach and professional dancer with over 20 years of performance experience. Her mission is to reach as many women and girls as possible before they become victims of abuse, so they can build a light, joyous future.

Nancy’s #ConfidenceWorks movement helps everyone realize living their greatness is possible and confidence (not ego) is the way to becoming the strong, influential people they are all meant to be.

In her work, she uses a specialized combination of movement, and intensive coaching to show her clients how to use their bodies powerfully and make the changes needed to repel aggressors and build core confidence. As a result, they experience a quick, dramatic change in self-assurance that effects their entire being. Not only do they learn to be true to themselves in all situations, they realize they are enough and their choices become fully their own.

What makes Nancy’s approach different from other abuse prevention programs is her focus on one’s self through lightness and joy, rather than trying to change the other through resentment and anger because she believes true power comes from within.



NANCY MARTIN
— *Coaching* —



SPEAKER. FACILITATOR. AUTHOR. CONFIDENCE COACH

Speaking Topics

- **#ConfidenceWorks** is more than just a hashtag. It is a movement and the talk about it shows us how building core confidence (not ego) in all of us is the answer to our societal and relationship issues. Confident people know how to look out for themselves & the greater good and Confident people don't feel the need to act out and take power from others in order to feel powerful themselves.
- Her **"Back Off"** talk speaks to women and teens giving them the tools they need to empower themselves today and build on that power moving forward.
- The **"Positive Power of No"** is used in corporations as well as groups to show the positive, caring power behind that word and why we must use it more often.
- **"Dance Your Way to an Empowered Self"** is the talk most asked for at dance conventions, competitions, and studios. It builds the confidence and emotional choice of the dancer on the stage to transform them into the "It Girl" that they know they can become and shows them how to bring that confidence off the stage into their everyday lives.

BOOK NANCY MARTIN TODAY:
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