



"I believe there is nothing more captivating and desirable than a woman who knows the value of who she is from the **inside out**—a woman whose confidence is defined from within and whose beauty radiates from her soul."

Nicole Pillow

FOUNDER, SPEAKER, FACILITATOR, COMMENTATOR,
PERSONAL EMPOWERMENT COACH

A little bit about me.

NICOLE PILLOW
the beauty cultivator



I am humbled to say that over the last 25 years, my faith, hard work, determination and optimistic attitude, have provided me with a platform to coach and inspire change in the lives of thousands of women across the United States and abroad. A few of my jet-setting adventures include working as the Fashion Commentator and production coordinator for EBONY Fashion Fair by EBONY Magazine (the world's largest traveling fashion show) and as an Inspirational Speaker for Eagle University (National Leadership Program based in Dallas, TX).

I currently live in my home state of MN, where I serve as the Education Director at TANDEM — a non-profit organization that cultivates a community of hope for thousands of women and children each year in crisis. This work has been rewarding beyond words. I also have the privilege of being a Media Ambassador and coach for Weight Watchers International, Inc, equipping hundreds of people each week, with the skills and mind-set needed for a healthy and fulfilling lifestyle.

I am on a passionate pursuit, to provide principles and practical applications that are needed for women to become their most confident selves—from the inside out, and experience freedom from the superficial standards set by society.



CONFIDENCE



HEALING



AUTHENTICITY



PURPOSE

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What is Inner Beauty Project?

Inner Beauty Project is a faith-based journey of life changing principles, relatable teaching, and practical applications. This live, interactive experience will empower you to develop supreme CONFIDENCE and INNER BEAUTY that allows you to know what you are worth, what you are capable of contributing to this world, and who God made you to be!

Inner Beauty Project is inspiration for igniting your divine beauty and personal power from the inside out.

How to experience:

- ▶ Keynote Speaking
- ▶ Hands-On Workshops
- ▶ Training
- ▶ One-on-One Coaching

We Partner with:

- ▶ Women's Groups
- ▶ Corporate Events
- ▶ Associations
- ▶ Nonprofits
- ▶ Networking Events
- ▶ Young Adult Groups

Outcomes of Inner Beauty Project:

Build your CONFIDENCE & SELF-ESTEEM
Live with PURPOSE & PASSION
Activate your PERSONAL POWER
Develop AUTHENTIC RELATIONSHIPS
Embrace a POSITIVE BODY IMAGE ... and so much more!

What women are saying:

"I have come face to face with my perceived flaws... but now understand why it is wrong to see them that way. Inner Beauty Project has given me a foundation to turn to when my negative thoughts start to creep up." – Danielle

"I have experienced FREEDOM! I have gained MOTIVATION to continue working on myself. The Inner Beauty Project has given me knowledge, hope and strength." – Madeline

"Nicole created a safe space which allowed me to step outside my comfort zone and take action. I would highly recommend coaching with Nicole — especially to anyone looking to do some soul searching or is in the need of fresh revelation and results in their life." – Jordan

"As a leader, teacher and coach, Nicole has helped me put a voice to my feelings. She has helped me to overcome the fear of whatever is inside. I now know that opening up is a healing journey, and that Nicole will be there to guide me through the process." – Judy



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