

Hour of Power: Book Nis to speak

A high-energy, memorable session that inspires, uplifts, and energises your audience while offering practical insights into performance, self-leadership and professional growth.

Participant profile

Commissioned by CEO offices, internal communications teams, wellbeing or diversity committees, and event organisers or conference producers seeking a professional speaker who can deliver new insights, motivation and energy.

The audience may include employees, leaders, or clients across a range of levels.

Sessions resonate with those working in fast-paced, competitive environments and leave attendees engaged, energised and thinking differently about their potential and performance.

Why this programme exists

Organisations and event teams often seek a moment that motivates, inspires and creates lasting engagement.

Standard presentations, internal speakers, or generic sessions rarely achieve this level of energy, attention and impact.

The *Hour of Power* leverages Nis's expertise in high-performance thinking and audience engagement to deliver a session that sparks reflection, dialogue and renewed motivation.

Programme focus areas

- Creating energy and enthusiasm within the audience.
- Providing memorable insights and practical takeaways on performance and self-leadership.
- Delivering tailored content that reflects the audience's needs, context and aspirations.
- Encouraging reflection, engagement, and a fresh perspective on personal and professional potential.

Designed for your audience

Each Hour of Power is tailored to the specific needs of your organisation, event or team. Nis works closely with the client to identify the one topic that will have the greatest impact, whether it's unlocking top performance, building influence, enhancing trust, or driving self-leadership. Sessions can be delivered to employees at any level, clients, committees, conferences, or town halls, with the attendees buzzing with newfound practical top tips as they leave the room.

Typical outcomes

- Audiences leave inspired, motivated, and energised.
- Attendees gain practical insights that enhance self-leadership and engagement.
- Sessions attract attention, conversation and inspiration that extends beyond the room.
- Participants feel uplifted, challenged to think differently, and motivated to apply new approaches in their work and personal effectiveness.

Led by Nis Arend

Nis delivers talks that audiences consistently describe as energising, thought-provoking and inspiring. Each talk is carefully honed to focus on the single most impactful topic for the audience, ensuring relevance, commercial insight and practical resonance. Her presentations create immediate engagement and leave participants motivated, reflecting differently on their potential and performance.

Client

"I had the pleasure of hearing Nis speak at the Sales Award Summit at Ascot a few months ago. She was raw and real and provided insight without touching upon the boring common advice tips you often hear. Her positivity and energy is contagious." - Shaira Yvel, 2 x Sales Finalist