



**Nikki Müller** is a *presenter, keynote speaker, and life transitions authority*. A mixed-race Third Culture Kid, she has spent over two decades at the centre of the rooms where change happens: hosting on global stages for MNCs, in front of the camera for Fox Sports Asia, and behind the scenes at the United Nations.

She brings a journalist's rigour and a lifetime of personal reinvention to the conversations organisations and individuals most need to have about change. She co-hosts a podcast on life transitions with a clinical psychologist and speaks internationally on identity, belonging, and the psychology of beginning again.

"Nikki gives individuals and organisations the map they were never handed for navigating life's most significant transitions. Through the lens of psychology, lived experience, and two decades of studying people under pressure on some of the world's biggest stages, she helps people move through change without losing themselves in it."

## *The Map Nobody Gave Us* Leading through the life transition inside your change

For Chief People Officers, HR Directors, L&D leads, and senior leadership teams at all-hands moments, leadership offsites, and kick-offs where strategy is moving faster than the people inside it.

Audiences leave knowing the difference between change and transition, and why managing only one is why most organisational change efforts fall short. A new language for what the transitioning brain actually experiences. The three phases every person moves through during significant change, and a practical framework for supporting the human journey so that change actually sticks.

## *The Pivot Decade* How midlife fuels reinvention

For senior professionals, founders, executives, and creative entrepreneurs quietly asking whether the life they built is still the right one.

Audiences leave knowing why midlife is not a crisis but a signal that reinvention is possible, what the research on endings and new beginnings actually says, and a framework for experimenting with new identities without abandoning everything already built.

## *Living Between Worlds* What global mobility taught me about life transitions

For internationally mobile professionals, expat communities, and the HR and mobility teams managing the human cost of global movement.

Audiences leave knowing the real gifts that come from a life lived across cultures, the personal and professional cost of unsupported transitions, and a framework for leaving well so that every move becomes a foundation rather than something to recover from.