



SPEAKER KIT

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TRANG NOVA

SPEAKER. MENTOR. COACH

Your audience doesn't need just inspiration or knowledge.

They need practicality for real-life change.

Trang has a unique story and message to share. And she will deliver it to your audience with her warmth, high energy, and include tangible concepts so your audience can walk away with immediate results and opportunities.





INTRODUCING... TRANG NOVA

Trang Nova is an International Speaker for people who want to speak with confident authority so they can be recognised as visible leaders, on and off the stage. Trang's global impact has been featured in TEDx, Medium, and more.

Raised in Australia speaking Vietnamese, Trang was bullied in early schooling for her differences. For that, she stayed silent and invisible.

As Trang grew up, she eventually found the confidence to use her voice, which has helped her amplify her message and grow her presence to reach many corners of the world. Through using her voice, Trang has lived multiple lives that others may aspire to, including pivoting from her first profession as a Physiotherapist to run her dream business, separating from a 10-year partnership to go out as a liberated woman and start traveling half the year each year.

These life experiences have made Trang realise that speaking is a skill that can be learned by anyone, not just those to whom it comes naturally. On top of that, speaking is a powerful tool to amplify our inner brilliance to the world, and without it, we will always be held back in how we can be perceived by our audience or how we can influence others.

Now, Trang is on a mission to help others, especially women of colour, be seen and heard through the power of their speaking and presence. She is driven by her belief that when more people boldly use their voices to fulfil their potential and lead powerful movements, humanity will thrive, and then the world will thrive, now and for future generations.

SPEAKING TOPICS

Why live one lifetime when you can live many?

How you can bend time to live your fullest life as a woman in 2025

Curious about how some people seem to always be 'lucky' and get to do so many different things that you could only dream about? The reality is, all of this 'luck' is available to each of you women reading this, too. Those who seem to have it all and accomplish a mind-boggling number of things each year understand this, and it plays a big role in their life of being able to make the most of the human experience. But this can only happen if a key part of your thinking, often neglected, is embodied.

In this talk, discover how you, as a woman in the 21st century, can bend time and march forward so that instead of just living one life, you can live multiple lifetimes. This way, you can experience the full depth and diversity of what life has to offer and do all that you love on your own terms, while having a greater capacity to leave the world a better place than how you were born into it.

Key Takeaways:

1. Gain a new perspective from the age-old idea that we can only be and do one thing in our lifetime (The fact that reality is negotiable and that women CAN have it all in the 21st century)
2. Be empowered by hearing about Trang's multiple lifetimes in just 29 years of life
3. Learn the 5 steps to change your thinking and to march forward with your action and results





It starts with you: How to break ancestral patterns and march forward to the liberation of yourself

Dealing with ancestral wounds and patterns isn't the most comfortable topic, but if it's the difference between you settling for a micro-version of yourself or living out your dream life, would you be willing to face it? What could that mean for your daily peace, freedom, and fulfilment?

In this talk, you will learn the three key lessons Trang learned through her journey of breaking out of familial expectations for her career and life, so you can be empowered to do the same in a way that will be supportive for you and everyone else involved!

Key takeaways:

1. Be empowered by hearing about Trang's touching story as a second-generation immigrant who was determined to forge her own path, despite her parents' expectations
2. Learn the 3 things Trang has realised through this journey that will help you get started yourself
3. Practical ways to go about liberating yourself from ancestral patterns while honouring yourself AND all those around you.

Shine your voice to be seen and heard: How to step into the spotlight and become a visible woman with a voice for impact

Are you a woman who wants to be a visible and impactful leader who can create tangible change for this world? The secret is not just in your knowledge or skills. You can have the best ideas for change, but without this one thing, you will struggle to impart that wisdom for the world to hear.

In this talk, hear about how you can use your voice and communication to be seen and heard in your domain so you can spread your message for the betterment of the world now, and for future generations

Key takeaways:

1. The real reason you're struggling to be seen and heard
2. Utilise your voice as a microphone
3. How to craft a powerful movement
4. Use the 5 vocal foundations to deeply engage and connect with whoever you are speaking to!

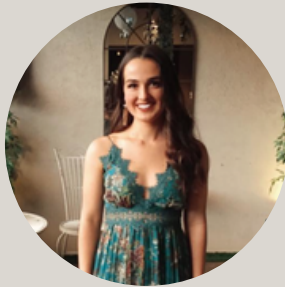


REVIEWS



"Everything today was mind blowing. You can hear something a million times, but it won't stick until the right words comes along. Today, Trang gifted that to me. She is inspiring and I'm very grateful our paths have crossed"

*~ Ngoc Trang
(Financial team leader)*



"Today was special. I have left today as a different person to the one who showed up 11 hours ago in the best way possible!"

*~ Tash La Rosa
(Physiotherapist)*



"Love Trang's energy, motivation & positivity. It's so infectious"

*~ Eleah Solagna
(Event manager)*



Trang is amazing. She's gifted and extremely intuitive. The was the best 2.5 hours spent

*~ Arifa Tajba
(Physiotherapist)*

Trang is open to all engagements from intimate workshops to large conferences. She welcomes bespoke experiences, so please reach out to discuss how you can collaborate with Trang for your next event!

