

testimonials

"Nicky was a showstopper, literally, out of the 12 guest speakers on display, she was the only one to receive a standing ovation."

Conrad Harley, TrickyT Concepts
(Spur Corporation Annual Convention)

"You touched the hearts and minds of everyone in the room."

Anthea Scholtz, Deloitte & Touche

"You had us fully engaged and in awe for your entire presentation. You speak with clarity and warmth, and a lovely touch of humour. You inspired us all to re-look the abundance of gifts we have in our lives. What was extraordinary was your calmness and authenticity in front of the cream of South African Speakers - quite remarkable. I would recommend you to any audience, anywhere."

Paul du Toit, CSP Global

"You managed to motivate our staff in a way that no one else has ever been able to do!"

Kim Thompson, Cosmic Fashion Accessories

"If there is one person who captures within her body, mind and spirit those rare Mandelian values, it is Nicky Abdinor."

Prof Jonathan Jansen, Vice-Chancellor,
University of the Free State

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nicky abdinor
CLINICAL PSYCHOLOGIST • INSPIRATIONAL SPEAKER

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**INTERNATIONAL KEYNOTE SPEAKER
DISABILITY CONSULTANT AND TRAINER**



www.nickyabdinor.com

about nicky

BORN WITHOUT ARMS, NOT WITHOUT ATTITUDE!

Nicky Abdinor is a registered Clinical Psychologist, inspirational keynote speaker, disability consultant and founder of the non-profit organization, Nicky's Drive.

Nicky is always commended for being a credible agent of change, whether you are connecting with her one-on-one or from the audience. When you meet Nicky, it is hard not to recognize that she puts her message into practice!



Nicky was born without arms and shortened legs, a physical disability that had no medical explanation. She believes supportive parents, a determined personality and inclusion in mainstream education were key factors in overcoming her physical limitations.

Through her Psychology studies, Nicky realized that she had been applying many Cognitive-Behavioral Therapy (CBT) skills to her life. She believes that it's not her situation, but how she thinks about her situation, that determines her emotional wellbeing. Positive Psychology has also contributed to Nicky's theoretical approach where she highlights that we must not ignore what is wrong, but focus more on what is right.



Nicky has founded a non-profit organization, Nicky's Drive (086-364-NPO) that funds vehicle adaptations for people with disabilities in her home country, South Africa. Nicky drives a specially modified vehicle that was donated to her from the

UK. She takes "hands free" to a whole new level! Nicky was inspired to start the non-profit to help others enjoy the same mobility and independence as she does.

international keynote speaker

Nicky Abdinor is an expert on doing MORE with less. She is an agent of change who will leave your audience believing in their own abilities. They'll learn to focus on what they can do.

Nicky's inspiring personal story, along with her expertise as a Clinical Psychologist, makes her an ideal candidate as an inspirational keynote speaker at your next conference or event. She has a witty sense of humor and natural speaking ability that not only keeps the attention of the audience, but also spurs them to action!



Nicky's inspirational keynote talk, entitled "Driving Dreams," aims to challenge the audience's perspective on what is possible. Nicky uses her personal story (enhanced by video clips) and background in Psychology to motivate the audience to think differently about their situation. She believes that it is not our situation, but how we think about our situation, that determines our emotional

wellbeing. Nicky highlights that we should not ignore what is wrong, but focus more on what is right.

As a Clinical Psychologist, Nicky's message is enhanced by her ability and understanding of creating sustainable change in our attitudes, beliefs and emotions.

Nicky shares her key life lessons:

- Focus on what you can do
- Learn to tolerate uncertainty
- The art of gratitude

Nicky's skills in translating her expertise and experiences into an engaging presentation will ensure participants leave an event empowered and motivated!



disability consultant trainer

Nicky has a passion for recognizing the abilities of people with disabilities. She is available for one-on-one consultations or to present training to corporate teams on topics related to disability in the workplace. What companies find especially valuable is that Nicky herself is a Clinical Psychologist and business owner with a physical disability. Her unique position makes her an ideal role model for people with disabilities who hope to develop their own career paths. Companies find Nicky's authentic approach with teams to be impactful in breaking down barriers to disability in the workplace.

Nicky's workshop (presented as either half-day or full day) is ideal for Human Resource (HR), Recruitment and Transformation Managers and their teams in a corporate setting. It aims to challenge each participant's perception of disability, through interaction, information and inspiration. With legislation in place to promote the employment of people with disabilities, the participants will be given the opportunity to assess their attitudes and beliefs about disability that may be helping or hindering them with the integration of these laws into practice. This workshop is beyond the transfer of information, but an experiential opportunity for participants to think differently about disability and their own abilities.

Workshop topics include:

- Disability: from a medical to a social model
- Barriers to inclusion
- Disability "etiquette"
- Challenges regarding disclosure of a disability
- Practical solutions for disability in the workplace

Nicky has presented disability training to a variety of audiences and can tailor the workshop to a client's specific needs.

