



32 years

Registered nurse on the front line of care

Certified

Life Mastery Consultant, Brave Thinking Institute

Hamilton-based

Speaking in person across NZ, or online

Book Paulette

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Topics, availability and enquiries:
elevatebeyond.co.nz/speaking

Paulette Coombes

Mindset coach & speaker · Elevate Beyond

A speaker who's worked *the front line*. Paulette helps people and teams stop running on autopilot and shift from surviving to thriving — with warmth, honesty and practical tools they'll use the next morning.

Bio

Paulette Coombes spent 32 years as a registered nurse, supporting people through some of the most vulnerable moments of their lives. Today she's a Certified Life Mastery Consultant who blends that clinical insight with a proven, structured method for personal change. She runs workshops, coaching programmes and talks for individuals, women's groups and organisations from her base in Hamilton. Her signature line: *athletes train their mindset — why don't the rest of us?*

MC introduction (read aloud)

"Our next speaker spent 32 years as a registered nurse before becoming a certified mindset coach. She believes we should all train our minds the way athletes do — and today she'll show us how. Please welcome Paulette Coombes."

Signature topics

Mindset is a performance skill

What top performers do differently, and how any team can use the same tools to build unstoppable momentum.

3 Keys to Mastering Real Results

Clarity, Focus and Action: a proven process for deciding what you want and following through.

From surviving to thriving

Resilience and wellbeing for stretched, busy teams — from someone who has lived frontline pressure.

Dissolving resistance

Find where resistance lives in people and teams, and how to move through it with less friction.

Formats

10 min

Inspirational talk

45–60 min

Keynote or lunch & learn

Half day

Interactive team workshop

Full day

Immersive session

Ideal for

- Corporate & leadership teams
- Healthcare & frontline teams
- Networking groups & chambers
- Women in business events
- Sports clubs & athletes
- Community & wellbeing days

What people say

“Her coaching was the perfect blend of heart and accountability — and it made all the difference.

Gael, programme graduate

“A wonderful, warm coach who will totally take care of you.

Kim, coaching client