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PROFESSIONAL PSYCHOTHERAPIST & INTERNATIONAL LIFE COACH

ABOUT

I'm a Professional Psychotherapist, International Life Coach, Yoga Teacher, and Host of the podcast, Emotional Badass: Where Moxie Meets Mindful. In 2017, I launched the podcast to spread healing, empowerment, and hope to Highly Sensitive People (HSPs), Empaths, survivors, and seekers all over the world. Drawing from my personal experiences as a survivor of childhood abuse and the years I've spent as a psychotherapist and life coach, I've mindfully designed the show to be the emotional education so many of us crave.

I truly believe in the power of healing. When we heal our wounds, let go of what doesn't serve us, and embrace transformational self care, we are able live a life of purpose, peace, and connection. As we each step up to do this healing work—through the butterfly effect,—we change the world.

TOPICS FOR DISCUSSION

EMPATHS · HIGH SENSITIVITY · NARCISSISM ·
TRAUMA · ADDICTION · GREIF & LOSS ·
NEGLECT · PERSONAL EMPOWERMENT ·
INNER CHILD WORK · EMOTIONAL
MANIPULATION · MEDITATION · YOGA

4M DOWNLOADS OF
EMOTIONAL BADASS

4.9★ OUT OF A 5-STAR
RATING IN ITUNES

FEATURED ON

the**LIST**✓

Psychology Today

mindful
healthy mind, healthy life

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NIKKI
EISENHAUER

15+

YEARS AS A
PROFESSIONAL
PSYCHOTHERAPIST

**Top
10**

MENTAL HEALTH
PODCASTS ON
ITUNES (2019)

**20k
+**

HOURS IN THE
THERAPISTS CHAIR