



Nikki



Foster-Kruczek

Writer • Psychologist • Teacher • Trainer

Trauma-Informed - Feminist - Neurodivergent-Affirming



SIGNATURE TOPICS

- ✓ Compassionate Leadership
- ✓ Trauma-Informed Practice
- ✓ Wellness and Self-care
- ✓ Neurodivergent-Affirming Workplaces
- ✓ Being Your Authentic Self
- ✓ Community Care & Ethical Culture Building
- ✓ Writing for Healing, Clarity & Connection

Nikki Foster-Kruczek is a writer, psychologist, teacher, and organisational trainer specialising in trauma-informed, feminist, and neurodivergent-affirming practice. Her work blends grounded psychological insight with creative resource design, offering learning experiences that are accessible, visually gentle, and emotionally intelligent.

She teaches with warmth, humour, and ethical clarity. Nikki's talks centre dignity, relational care, and embodied wisdom — providing audiences with a humane alternative to corporate or clinical approaches to wellbeing, leadership, and identity.



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STYLE & APPROACH

WARM • RELATIONAL • GENTLE HUMOUR •
TRAUMA-INFORMED • ND-AFFIRMING
VISUALLY ENGAGING • ETHICALLY GROUNDED
• ACCESSIBLE • STORY-DRIVEN

FORMATS OFFERED

- Keynote (30–60 minutes)
- Workshop (60–120 minutes)
- Masterclass (half-day)
- Full training programme (multi-session)
- Panel discussions
- Guest lectures
- Podcast interviews
- Community conversations

WHAT AUDIENCES GAIN

- Clear, accessible understanding of trauma-informed and ND-affirming practice
- Practical tools for grounding, pacing, and emotional literacy
- Insight into feminist leadership and ethical organisational culture
- A sense of safety, dignity, and permission to be human
- Beautifully designed resources that support ongoing learning



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CLIENT FEEDBACK

“Working with Nikki has been life-changing. She doesn’t just teach trauma-informed practice — she embodies it. Every interaction feels thoughtful, paced, and grounded. She helped me understand my needs as a neurodivergent person and gave me tools that actually work in real life. I’ve grown more in six months with her than in years of traditional wellbeing support.” Lucy

“Nikki creates spaces where I feel safe enough to learn, reflect, and actually breathe. Her work is gentle, grounded, and deeply human.” Charlie

“The most accessible, trauma-informed training I’ve ever experienced. Clear, calm, and paced with real care.” Becky

Humane learning
for real humans

Get in Touch!

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