

NIKE FOLAGBADE'S PROFILE

PERSONAL TRANSFORMATION AND COACHING PROFILE

NIKE FOLAGBADE | TRAUMA-INFORMED COACH | FAMILY TRANSFORMATION STRATEGIST | CORPORATE TRAINER

Nike Folagbade is a *Trauma-informed Family Life Coach*, Marriage Counselor, and *Family Transformation Strategist* with a proven track record of helping individuals, couples, and organizations navigate emotional pain, improve communication, and build healthier relationships at home, in marriage, and in the workplace.

As the founder of **BloomNest**, a transformation-focused company that empowers individuals, teens, singles, couples, and corporate teams to grow emotionally, strengthen relationships, and lead more fulfilling lives both personally and professionally, Nike leads high-impact programs that help people break destructive patterns, experience emotional mastery, and achieve deep personal transformation. From coaching couples through marital restoration to assisting corporate teams to build healthier work cultures, her work bridges the gap between emotional healing and sustainable transformation.

With certifications in Trauma-informed Care and Coaching, Neuro-Linguistic Programming (NLP), Results Coaching, Emotional Intelligence, Anger Management, and Family Systems Engineering, Nike's approach is both clinically informed and deeply intuitive. She is known for her ability to help clients uncover root causes of emotional trauma, relationship conflict, harmful thought patterns, and rebuild relationship dynamics with clarity and compassion.

Nike has coached and trained thousands across over 20 countries, working with singles, married individuals, corporate teams, teenagers, and faith-based communities. She has authored more than 10 relationship-focused books,

including Single, Transformed and Thriving, How to Lead her with love, Uncovering Red flags, Untold Secrets that Wreck Marriages, Restoring Your Original Design, and so much more.

Through her women's discipleship platform, Warrior Brides Network, Nike has built an international community that supports women navigating difficult marriages and emotional trauma. The platform equips them with tools for emotional healing, identity restoration, and the wisdom needed to build healthier communication in marriage.

A gifted storyteller and media visionary, Nike has stepped into film production as a powerful extension of her message on healing, identity, and family. She is the producer of "The Approach", a thought-provoking short movie series that explores the deeper dynamics of marriage, challenging harmful cultural narratives and inviting couples to rethink love, responsibility, and partnership in building a healthy home.

She is the President and founder of Life in the Ark Global Ministry (LIFA), a non-denominational, spirit-led movement with a divine mandate to rebuild families, restore identities, and raise godly children as battle axes in the hands of God.

She has been featured on platforms like Stanbic IBTC, Access Bank -W initiative, Business Day, The Punch, Elevation Church, The Guardian, She Leads Africa, and Bella Naija, amongst many others.

In addition to her work with families and individuals, Nike delivers corporate training and executive coaching on emotional wellness, stress management, workplace communication, and personal leadership. Her ability to humanize professional development with empathy and practical strategies has made her a trusted partner for growing teams and organizations.

In 2019, Nike was honored as one of Nigeria's 100 Most Inspiring Young People.

Nike is also the Human Resources Manager at WORITAL, a leading book branding and publishing firm in Africa. She is married to a creative visionary, Fola, and they are blessed with a son.

Find out more about her works here: www.nikefolagbade.com

Ministry Profile

NIKE FOLAGBADE | MARRIAGE COUNSELOR | SPIRITUAL EQUIPPER | DELIVERANCE CATALYST | FOUNDER, LIFA GLOBAL

Nike Folagbade is a minister sent to bring revival and healing to the family sphere. She functions as a spiritual reformer, prophetic teacher, and healing vessel commissioned by God to ignite a revival of truth, wholeness, and God's presence in homes and family systems.

She is the President and founder of Life in the Ark Global Ministry (LIFA), a non-denominational, spirit-led movement with a divine mandate to rebuild families, restore identities, and raise godly children as battle axes in the hands of God.

Through LIFA, Nike nurtures a generation of believers into deeper intimacy with God, freedom from emotional and generational bondage, and a practical walk of healing, deliverance, and legacy living.

LIFA is known for its dynamic programs, such as:

- Weekly Early Morning Prayer Altar for Families
- Spiritual Discipleship Tracks for growth and maturity
- Conferences, Healing Meetings, and Virtual events.
- Under Nike's leadership, LIFA has become a center of supernatural healing and transformation, where many individuals and families have encountered restoration in marriage, emotional wholeness, deliverance, and clarity of divine purpose.

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communication, and build healthier relationships at home, in marriage, and in the workplace.

As the founder of BloomNest, a transformation-focused company that empowers individuals, teens, singles, couples, and corporate teams to grow emotionally, strengthen relationships, and lead more fulfilling lives both personally and professionally, Nike leads high-impact programs that help people break destructive patterns, experience emotional mastery, and achieve deep personal transformation. From coaching couples through marital restoration to assisting corporate teams to build healthier work cultures, her work bridges the gap between emotional healing and sustainable transformation.

Her books, devotionals, short films, and teachings are being used globally by singles, couples, and ministers as tools for transformation. She also mentors upcoming ministers and marriage coaches to walk in purity, depth, and purpose.

Through her media ministry and short films (The Approach), she is shaping new paradigms and dismantling ungodly foundations around marriage and parenting.

Nike is married to Fola Folagbade, an entrepreneur and founder of WORITAL. Together, they are building a generational legacy of faith, creativity, and impact. They live with their son in Lagos, Nigeria.

Learn more or connect with LIFA: www.thelifeintheark.com