

EMILY NOLAN

WRITER + PODCAST HOST

PERSONAL PROFILE

Nolan has thousands of newsletter subscribers on Substack and is the host of award-winning podcast, *My Kind of Life*.

WORK BACKGROUND

PODCAST HOST

My Kind of Life, Nov 2022 to 2023 (Paused for 2024)
Brave Talks, July 2020 to Nov 2022
- May 2021 "Best Podcast on Zencastr"
- Weekly podcast host in parenting, lifestyle, food, travel, entertainment, mental health, and positive psychology categories

WRITER

EmilyNolan.com, 2014-Present
- Weekly letter with 10,000+ subscribers

INTERNATIONAL MODEL

Wilhelmina NYC (Worldwide) 2012-2020

TOPLESS YOGA + RETREAT HOST

-Four-time international "Be Pretty Brave" women's retreat host
-International speaker and host of self-love yoga event, "Topless Yoga"
-Presented Topless Yoga to 10,000+ women in four different countries, and during Fashion Week 2018

EDUCATION BACKGROUND

UNIVERSITY OF NORTH CAROLINA WILMINGTON
BS Entrepreneurship & Business Development, Leadership Studies, Graduated in 2008

-D1 Athlete, Softball
- Student President, Cameron Business School
- CEO, Entrepreneurship Club
-President, Omicron Delta Kappa Leadership Society

ECORNELL

Plant-based Nutrition, Graduated in 2012
- Master's Certificate

YOGA INSTRUCTOR (RYT 200)

Green Monkey, Graduated in 2015



CAREER HIGHLIGHTS

- Top Podcast on Zencastr, May 2021
- "Top 100 Most Influential Thought Leaders in Wellness" by Mind Body Green 2014
- "Women to Watch: The Body Reformer" by Ocean Drive 2019
- "Rockstar Yogis Leading the Body-Positive Movement" by Mind Body Green
- Presented Topless In 4 countries, to hundreds of thousands of men and women
- Recognized by hundreds of global leaders and media sources
- Partnered with Cosabella to launch first ever size- inclusive lingerie line
- Registered Yoga Teacher (200)
- Well + Good's "It" Retreat
- National Ambassador for Food Allergy Research and Education (FARE) 2022, 2023 & 2024
- Chairwoman, The Motherboard, Hatch Collection, 2023

CONTACT DETAILS:

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