



Skye Nicholson, M.Ed.

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Skye Nicholson, M.Ed., is the founder of Wellbeing Workshops Co., where she partners with organizations to deliver practical, evidence-informed strategies for stress resilience and workplace well-being. A former educator and engineer, Skye holds a master's of education degree in curriculum & instruction from the University of Missouri–Kansas City and brings a unique ability to translate the science of stress and emotional regulation into actionable tools employees can use immediately. She was selected as a Fulbright Scholar in 2010, shaping her cross-cultural, human-centered approach to well-being. Skye is the author of two poetry collections and a guided journal for personal transformation. Her work in poetry as mental health integrates expressive writing with research-backed practices to support emotional regulation, connection, and resilience in both workplace and community settings. Her signature evidence-based program, *Managing the Stress Cycle*, has been delivered across industries and recognized by Prevention Insights as a Promising Practice for employee well-being.