



Nina Boski Dare.

Dream. Do. 2021

Media Press Kit



Nina Boski BIO

Nina Boski is many things. She is a mix of entrepreneurship, media executive, transformational “energy”, life and business coach, author, and producer – resulting in a woman who is definitely on the move!

Getting her start in radio, she has expanded into many areas of life and business coaching and training, as well as media consulting and content. She is the founder of LifeBites Global, which has inspired thousands of people to improve their lives. Nina combines her unique talents, having worked in front of, as well as behind, the camera in hosting, business development, and almost every area of media. She is also part of the prestigious Association of Transformational Leaders (ATL), founded by Chicken Soup for the Soul success coach Jack Canfield, which allows her to work alongside some of the top transformational people in the world. The main goal of ATL is to make a huge impact on the world in a positive way!

Nina has also co-authored two books: *The Spirit of Women Entrepreneurs* and *The Change 3: Insights into Self-Empowerment* with Tony Robbins’ original coach, Jim Britt. Furthermore, she has written countless articles for major publications including Huffington Post, ELLE, and the Los Angeles Times. She has been featured on Lifetime, WE, Gaiam TV, Oxygen, The Hallmark Channel, ABC, Fox and CBS News, as well as LA’s morning show, Good Day LA on Fox 11.

In addition, Nina has two films in pre-production, a feature film thriller-noir called *Goodnight Marilyn* with a TV documentary, and a global podcast, *Marilyn: Behind the Icon*, bringing to light the correlation between mental illness and addiction to help millions of Americans dealing with this huge epidemic, and uses the ICON’s legacy to inspire hope and motivation to create a better life.

Nina’s Famous Quotes

- *“Never ask permission from someone to GO FOR IT!”*
- *“In order to speed up, you have to learn how to slow down.”*
- *“The energy in which you create is more important than what specifically you are creating.”*



Social Media

1. [Facebook-LifeBitesTV](#)
2. [Facebook – Dare. Dream. Do. VIP](#)
3. [Instagram - @LifeBitesTV](#)
4. [Twitter - @LifeBites](#)
5. [LinkedIn – Nina Boski](#)

Main URL

www.ninaboski.com

Podcasts

Mindful Mondays

Every Monday Nina provides a grounding Meditations that relates to a life theme to help you set your energetic intentions for the week.

Mental Health Mondays

Nina interviews some of the top personal growth experts in the field of mental health and well-being, from Marianne Williamson, Rev. Michael Beckwith, Neale Donald Walsch and Don Miguel Ruiz, to name a few.

Behind the Icon

Nina is one of the main producers of the podcast, Marilyn: Behind the Icon. A dramatic podcast with a producer's commentary to help people with mental health issues.



POSSIBLE INTERVIEW QUESTIONS

1. What is a Business and Energy coach? How is that different from a straight business coach?
2. Your business name is Dare. Dream. Do. Inc. How do you get people doing those three things in their life?
3. Why do you think it is more important than ever to learn how to manage your energy?
4. What is an energetic shower? What do you mean by that?
5. When you say, it is not as important in specifically creating a goal as the energy in which you create it. What do you mean by that?
6. What are the top three ways someone can start managing their energy?
7. What are energy intentions?
8. How does your energy work combine with being a business coach?
9. Some many of us are living at burnout level? How can we reverse it?
10. How does mindset play into your business coaching?
11. You are producing a podcast around Marilyn Monroe. How does that play into your energy or business work?
12. What is your number one business advice you tell people?

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