



Nicole Karnowski moved to Duluth in 2006 and has never looked back. Although she is fond of the Buckeye state (Ohio) from where she grew up, Minnesota has become “home.” She is a graduate of Kent State University where she received a B.S. in Broadcast News. Her early career days were spent in Youngstown, Ohio in TV-News. Nicole also has a Master’s in Counseling.

Nicole and her husband, Michael own Metamorphosis CCT (Coaching, Consulting, and Training). Their focus is on bringing transformation to individuals, relationships, teams – and businesses in the Twin Ports and beyond. They save business owners money by helping teams to get along, be more productive – and to improve or implement processes for greater business success.

She is a John Maxwell certified coach, speaker and trainer. She is also a Board Certified Life Coach through ICCA and an Advanced Human Behavior Specialist, utilizing the Disc Model of Human Behavior. Nicole has spoken to audiences and trained teams internationally.

Nicole has a weekly TV-News segment on Channel 3 called, “Eye on Lifestyle.” You can see her on Monday mornings at 6:15am. She is also the Vice President of EWN (Empowered Women’s Network) and she has served in various roles and capacities in the community and her church.

Nicole is a passionate and avid supporter of the business community. As such -- she has been a Duluth Chamber Ambassador and a Hermantown Chamber Ambassador for the last several years. She loves supporting small business success, advancing others, and connecting like-minded people who can prosper together and impact the world for good.

Nicole and her husband have two grown children. Their son will graduate from law school in the spring and her daughter is a mid-shipman in the United States Merchant Marine Academy. Their whole family loves hiking, travel, being active and enjoying the great outdoors. They have travelled to many of the U.S. National Parks -- and have more on their bucket list to do.

Nicole’s key to success, “Stay humble, treat others as you want to be treated – and have a servant leader’s heart.” People often ask if it’s Nicole – or Nikki – you can call her either she says as she likes both!