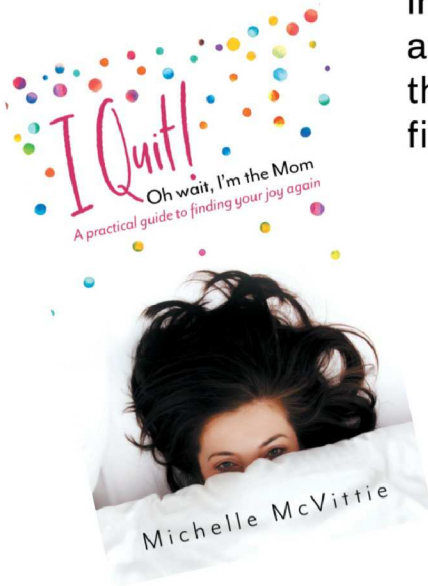




Keynotes \* Breakouts \* Workshops

Michelle is a family and corporate consultant, child life specialist and author. Michelle is a dynamic speaker who activates her audience to take a closer look at what they value in life. It is hard to find fulfillment in life and business when you are emotionally drained and unhappy. Michelle guides you through your own self-discovery to get you back on track to finding your joy again.



## Sample Speaking Topics

“I Quit! Oh Wait I’m the Mom”, Find Your Joy Again

Understanding What is Behind the Behaviour and the Tips to Help

Get Out of Your Own Way!

Clarify Your Goals and Make Changes to Succeed

Balance for better

You Can't Pour From an Empty Cup:  
Learning to Give to Yourself

I Have a Teen and We Still Love Each Other:  
Building Communication and Connection

Lessons from a Recovering Pleaser  
It's Time to Take Your Power Back!

## Areas of Expertise

Parenting  
Resiliency  
Communication  
Connection  
Self-Care  
Finding Balance  
Connecting with your teen