

Tame Your Trauma: Hacking Your Habits to Exponentially Increase Calm, Confidence and Control

Michele Rosenthal

Speaker | Author | Trauma Recovery Specialist

We tend to think of Big T trauma as a horrific, life-altering experience, but the truth is that Little t trauma is a daily experience brought on by even the tiniest of stressors. In fact, from a baseline psychological perspective, everyone is a trauma survivor. The way in which disturbing experiences neurologically embed (and somatically activate) hijacks a variety of professional activities, including creativity, productivity, innovation, community, change, leadership, culture, and collaboration.

An award-nominated author with a gift for translating the universal into the personal, Michele Rosenthal's speaking philosophy begins with understanding that your audience doesn't want to be lectured – they want to learn, grow and expand from hearing new ideas and fresh stories that inspire them to believe in their own possibilities. Michele's invigorating style entertains, ignites and excites your audience with a delivery designed to leave every participant filled with momentum.

Using statistical data, science-backed research, and evidence-based interventions, Michele Rosenthal quickly demonstrates the universality of trauma and shows how the effects of the past undermine the present moment in both personal and professional realms. This is especially visible in business situations where feeling fear or inadequacy weakens leadership. Michele works with your team to change their mindset to one of fearless empowerment by teaching them to disrupt trauma-driven habits and patterns.

She frequently appears in the media in such places as CBS, NBC, The Washington Post, Newsday, Psychology Today, Ladies Home Journal, Woman's World, The Huffington Post, The Palm Beach Post, Orlando Sentinel, Psychology Today, and The Dennis Miller Show.



Book Michele Rosenthal to Help Your Team Exponentially Increase
Their Calm, Confidence and Control.
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Featured Presentation

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Drawing on decades of experience as a Trauma Recovery Specialist, trauma survivor, and entrepreneur, Michele offers relatable stories, humor, experiential exercises, and an action-oriented framework for creating long-term, sustainable resolution of disruptive habits and patterns of thought and behavior. Her unique, identity-based approach to healing even the smallest trauma (outlined in her book, **Your Life After Trauma: Powerful Practices to Reclaim Your Identity** (Norton)) leaves audiences feeling hopeful, believing in the possibility of change, and stepping into a daily practice designed to shift them out of old, disempowered routines into a new, bold paradigm of self-perception.

Your audience will learn to:

- Create a fully connected sense of calm in under 2 minutes
- Change any disturbing emotion into an empowered feeling
- Reduce the impact of memories by reprogramming how the brain encodes experience
- Identify how trauma has created the biggest blocks in their mindset
- Understand how feelings about something in the past continue to create damaging effects in the present
- Disrupt lifelong, habitual negative reactions and responses
- Take direct action to stop activating trauma patterns
- Replace old trauma habits with new, bold actions
- Activate their innate ability to rescript the past

Results of these learnings include:

- Increased self-belief, self-assurance, and self-reliance
- Improved access to abundant creativity
- Expanded sense of certainty, surety and trust
- Strengthened ability for decision-making, action-taking and self-motivation
- Deepened ability to concentrate and develop vision
- Increased risk tolerance and strong, balanced mindset
- Enhanced teamwork, community, and culture



“To have a keynote speaker want to truly understand and tailor the presentation to our needs is quite remarkable. Michele absolutely achieved that and it captured the attention of the audience.”

- Jean Doster, Brain Injury Association of Tennessee

“Michele is the only speaker NAMI has had that received a standing ovation!”

- Liz Downey, National Alliance on Mental Illness

