

7 REASONS TO HIRE

Michele Rosenthal

Speaker | Author | Trauma Recovery Specialist

You want a speaker who lights up the stage.

With a background in theater, a degree in the spoken word, former adjunct university professor, and radio show host, Michele has spent the past three decades leading audiences and communities through experiences that touch their hearts, transform their minds, and position them for both internal self-reflection and external bold, committed action. Attendees routinely comment, "Michele brings a light and energy into the room the minute she steps onto the stage!"

You want your audience to have an experience that leaves them thinking and implementing.

Michele knows that the best way to learn is not to listen but to feel. This is why each of her presentations includes physical, experiential processes linked to emotional insights that immediately change how attendees relate to and perceive themselves, others, and the world.

You want a speaker who offers new concepts and fresh ideas designed to challenge your audience.

When it comes to creativity, mindset, and leadership, you've already hired speakers who present about changing beliefs, acknowledging fear, and releasing self-doubt. Your audience doesn't need more content about how to diagnose the problem or address the symptoms – they need an original solution that creates change *at the root cause*.

Sidestepping the usual focus on how to eliminate internal barriers and challenges, Michele goes right to the heart of the issue: reprogramming the past through the process of (re)creating the present identity. What your audience will learn about themselves and how they can rewire and rescript their mind and memories will change the way they experience and relate to any future environment.



THE HUFFINGTON POST



Book Michele Rosenthal to Help Your Team Exponentially Increase

Their Calm, Confidence and Control.

561.531.1405 | www.mytraumacoach.com

You want authenticity and experience.

A serial entrepreneur plus trauma and PTSD survivor herself, Michele struggled with chronic PTSD for almost 30 years. She affectionately calls her recovery process a “healing rampage.” It worked: Michele achieved 100% recovery. More than a dozen years later she remains symptom-free and dedicates her professional life to inspiring and assisting others in overcoming the effects of trauma, including fear, guilt, shame, grief, loss, sadness, anger, agitation, sleep issues, stress, self-doubt, identity loss, blocked creativity, self-criticism, and self-imposed limits. Michele is the award-nominated author of three books about trauma and recovery. She is also an award-winning trauma and PTSD blogger.

For several years she hosted a podcast series dedicated to interviewing the top experts in the fields of trauma, psychology, neurobiology, and recovery. Michele is a Certified Professional Coach, Board Certified Hypnotist, and a Master Practitioner of Neuro-Linguistic Programming. Winner of the Mending Broken Survivor Advocate award and a finalist for the WEGO Health Activist Hero award, Michele is a former faculty member of the Clinical Development Institute for Timberline Knolls Residential Treatment Center. For many years Michele shared her insights as a top health blogger for the Stress Management Community on Wellsphere.com, the founder of trauma! A PTSD Blog on HealthyPlace.com, founder of the PTSD community on HealthUnlocked.com, and as a frequent contributor to Anxiety.org, Addiction.com and Recovery.org. She covered neuroscience and the psychology of personal change for RewireMe.com.



You want a speaker whose personal passion ignites your audience to action.

Michele’s entrepreneurial success is driven by the desire to help others heal faster than she did, and to foster community. For many years Michele’s adult life went sideways: She had no career direction (bouncing through 10 jobs in 7 industries over 15 years), no family, no relationship, and no close friends. As part of her healing, she went on a ‘joy quest’ – and hasn’t stopped since.

Her passion for connecting to a sense of joy drives everything she does, from dancing Salsa and Argentine Tango to building businesses designed to create communities that end loneliness, isolation, and disconnection. Michele’s personal story of trauma and transformation offers anyone a vision for how possible it is to conquer the past and create the future with clearly defined, easily implemented, identity-centric choices and actions.

You want a speaker who can immediately build and create a sense of unified community.

This is Michele’s specialty. The founder and leader of both on and offline communities, Michele’s passion for connection permeates every presentation. From the first 60 seconds of their experience, your audience will feel connected to a group process that creates an improved sense of company culture that extends well past the end of the program.

You want a seasoned professional.

Almost half of all U.S. children experience some significant trauma. Up to 70% of U.S. adults experience some type of significant trauma. These are the men and women who hold jobs, create relationships, raise families, and interact with society. Michele customizes programs and speaks across the country on their behalf to educate, illustrate, and illuminate what trauma looks like, how it interferes with personal and professional success, plus: how to heal trauma-related symptoms so that survivors can accomplish a range of achievements through healthy, collaborative and interconnected action.

