



SPEAKER ONE SHEET

Michelle Thompson

MBA · PMP · CLC · Prosci® Change Management Practitioner

From rock bottom to radical reinvention.

ABOUT MICHELLE

Michelle Thompson is a certified life coach, founder of Michelle Thompson Coaching, and author of *Courageously You: Seven Simple Frameworks to Create the Life You Love*. Drawing on her own journey from rock bottom to radical reinvention, she offers women a compassionate, practical roadmap for transforming their lives.

With more than 17 years of helping women through life's most pivotal transitions, Michelle blends an analytical project management background with deeply personal, transformational coaching. Her work is rooted in truth-telling, courageous action, and the belief that it is never too late to become who you were meant to be.

Before founding her practice, she spent over two decades in corporate leadership, including chairing the Heritage Business Resource Group, where she earned the "Allyship in Action" award. She holds an MBA from Wake Forest University School of Business.

SPEAKING TOPICS

- **Courageously You: Seven Frameworks for the Life You Love**
Compassionate, practical steps for transforming your life.
- **S.H.I.F.T.: Break Free from the Beliefs Holding You Back**
Recognize limiting beliefs and shift them into courageous action.
- **From Rock Bottom to Radical Reinvention**
A personal story, and why it is never too late to begin.
- **Leading Change with Courage**
Change management and transformational leadership, made human.
- **Big Goals, Manageable Steps**
Turning ambition into life-changing action.

RECOGNITION

No. 58

Her Comeback podcast selected by FeedSpot as one of the Top 100 Women Over 50 Podcasts on the Web

AT A GLANCE

17+

years mentoring women through transitions

20+

years in corporate leadership

\$67M

global HR platform implementation

40+

podcast episodes and counting

BOOK MICHELLE

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Act First. Believe Later.

THE BOOK

Courageously You

Seven Simple Frameworks to Create the Life You Love

THE PODCAST

Her Comeback

Transforming Your Life After 50, with empowered women who inspire others