

# PROFESSIONAL COACHING

Neuroscience-based approach will accelerate your success

MICHELLE ANNE  
PCC, DIAS, FCC



## MEET YOUR COACH

### ABOUT MICHELLE ANNE

Having studied under both Harvard professors and Indian Gurus, Michelle Anne has become widely known as a thought leader and one of the country's leading experts in mindset and performance. She has been coined as "The Brain Trainer" due to her ability to transform others.

Michelle's expertise comes as the product of over two decades of relentless research and real world application. Her work has been adopted and studied at institutions such as The Mayo Clinic, the University of Denver, and within former Black Ops networks, where results and testimonials prove her techniques and tools truly work.

Today, Michelle is a leader in her field, a member of the Forbes Coaching Council, a diplomat for the American Institute of Stress, a virtual first responder for the Harvard Medical Teaching School, and the chair woman of her own International coaching bench. Perhaps most impressive, Michelle is one of just over 300 International Coaching Federation master certified Neuro coaches in the world.

She leverages neuroscience to explain how to rewire the brain's default responses, guiding others in forming new habits and new ways of relating, that not only reduce stress, but improve cognitive performance and create profound long term change.

### WHO I LIKE TO COACH

C-suite, V-suite, medical staff, university staff and new and existing leaders. Emergency medical personal, US. Forest Service fire hot shots, former black ops, Olympic athletes, Bureau of Prison medical staff, University of Denver, Harvard University, Mayo Clinic, lawyers, IRS, finance,

### QUALIFICATIONS

#### EDUCATION

- ▶ Bachelor of Philosophy, Interdisciplinary Studies
- ▶ Harvard University, Neuroscience Certification
- ▶ Harvard University, Leadership Certification

#### CERTIFICATIONS

- ▶ ICF master executive coach
- ▶ Forbes Coaches Council
- ▶ ICF PCC, EQI 2.0, Clifton Strengths, MTBI, Stress
- ▶ Mastery, Leadership 360

#### HIGHLIGHTS

- ▶ 30 years of consulting and coaching experience
- ▶ Diplomat with The American Institute of Stress
- ▶ Virtual First Responder; Harvard Medical School,
- ▶ Master Executive Neuro Coach, Harvard
- ▶ 4400+ Hours coaching experience
- ▶ Stress, Authenticity, Performance, Mindset

#### PUBLISHED

- ▶ CNN, NBC, AIS, Forbes

“ Neuroscience helped to set a solid framework for our work. Michelle's got a gift for integrating the science with actual real life ideas to make this seem easy. I found a great deal of value in my work with her and would highly recommend her to anyone with a science engineering mindset. ”

- BRANCH CHIEF | FEMA