

# PROFESSIONAL BIOGRAPHY

**MICHELLE ANNE**

AUTHOR, NEUROSCIENTIST, SPEAKER



## MEET MICHELLE

Michelle Anne is globally recognized as an authority in mastering stress and burnout. A distinguished author, neuroscientist, speaker, and Fellow at Harvard Medical School/McLean Institute of Coaching. Michelle has over 29 years of experience, worked with over 10,000 individuals in over 200 organizations. Her methodologies have been validated by empirical studies, with 100% of respondents reporting reduction in stress.

Michelle's achievements stem from three decades of research and application in 10 countries. Her methodologies have been adopted by renowned institutions such as Microsoft, Forbes, The Mayo Clinic, FEMA, Walt Disney, The Ritz Carlton, Charles Schwab, NBC, and The Central Intelligence Agency.

Michelle honestly walks the walk. She delivers funny, frank and practical insights grounded in neuroscience that equip and empower you to more intelligently navigate the adversities, uncertainties, and everyday challenges you face in everyday life.

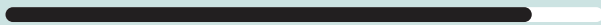
She lays the groundwork for understanding brain function, then cuts to the chase, revealing secrets that defuse stress responses, increase clarity, focus, and improve resilience. After working with Michelle, you will walk away being able to make wiser choices and lead a more rewarding life, full of energy and enthusiasm. In the words of Debbie Griffin "I just feel lighter after working with Michelle".

### RESULTS SPEAK FOR THEMSELVES

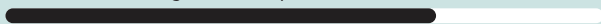
100% of the respondents reported reduced stress



87% reported increased productivity



72% better working relationships



Pre/Post 3rd party assessments were done by CU Denver (3 month study)

## QUALIFICATIONS

### EDUCATION

- ▶ Harvard Medical School, Neuroscience & Psychology
- ▶ Harvard Business School, Leadership
- ▶ Miami University, Interdisciplinary Studies
- ▶ Parsons School of Design, Communication
- ▶ Harvard Neuro Business, Master Executive Neuro Coach

### ACCREDITATIONS/CERTIFICATIONS

- ▶ Harvard McLean Hospital, Institute of Coaching, Fellow
- ▶ The American Institute of Stress, Diplomat
- ▶ Forbes Coaches Council
- ▶ Bestowed title of Archarya, by Shri Amritji

### HIGHLIGHTS

- ▶ Lecturer, Harvard McLean Institute of Coaching
- ▶ Founder, System2 Center for Mind Body Medicine
- ▶ Subject Matter Expert; Stress, Neuroscience, Eastern Philosophy
- ▶ National Speaker in Wellness in Business & Healthcare
- ▶ 29 years consulting, speaking and coaching experience
- ▶ 5000+ hours coaching experience
- ▶ ICF Certified, Professional Certified Coach

### PUBLISHED

- ▶ CNN, NBC, Harvard McLean, Forbes Coaches Council, American Institute of Stress

“I have taken so many courses on dealing with difficult people, conflict resolution, stress reduction and resilience, but nothing comes even close to the benefit that I received working with Michelle.”

— LEGAL AFFAIRS - CHRISTINE FARRIS, OFFICE OF HEARINGS AND APPEALS, NATIONAL APPEALS DIVISION

Michelle Anne

# PROFESSIONAL BIOGRAPHY

**MICHELLE ANNE**  
AUTHOR, NEUROSCIENTIST, SPEAKER



## BIO

Having studied and lectured at Harvard Medical School and with Indian gurus, Michelle's one of the country's leading experts in mastering stress, anxiety and burnout integrating an East meets West approach. Michelle is a distinguished author, neuroscientist, speaker, and Fellow at Harvard Medical School/McLean Institute of Coaching.

A globally recognized authority in stress management anxiety and burnout, Michelle has 29 years of experience, worked with over 10,000 individuals in over 200 organizations. Her methodologies have been validated by empirical studies, with 100% of respondents reporting reduction in stress.

Michelle's achievements stem from three decades of research and application in over 10 countries. Her methodologies have been adopted by renowned institutions such as Microsoft, Forbes, The Mayo Clinic, FEMA, Walt Disney, The Ritz Carlton, Charles Schwab, NBC, and The Central Intelligence Agency.

Michelle honestly walks the walk. She delivers funny, frank and practical insights grounded in neuroscience that equip and empower you to more intelligently navigate the adversities, uncertainties, and everyday challenges you face in everyday life.

She lays the groundwork for understanding brain function, then cuts to the chase, revealing secrets that defuse stress responses, increase clarity, focus, and improve performance. After working with Michelle, you will walk away being able to make wiser choices and lead a more rewarding life, full of energy and enthusiasm. In the words of Debbie Griffin "I just feel lighter after working with Michelle".