



Helping you surge forward with sage wisdom.

When you want to talk better, talk to me!

Michelle is an expert personal performance trainer offering key note, workshops and event facilitation.

Strategies to Achieve the Goal of Excellence



Engaging training and workshops.
Call today for schedule and fees.

Michelle's most popular trainings:

- **Control the Butterflies and Stop Saying Um!** Gain confidence, credibility and clarity fast!
- **Entrepreneur presentation tips**
- **Facebook Age Self-Disclosure**, minimize breaches.
- **Don't Blow It!** Strategies for tough emotions.
- **You Misunderstand!** Semantic Noise issues.
- **S.M.A.R.T. Money**— financial fitness
- **That's annoying!** Personality differences appreciation.

Michelle is an enthusiastic, highly knowledgeable and engaging public speaker. Using her interpersonal communication skills, Michelle places her clients and audiences at ease, making them comfortable with information presented. **Maria Menillo, MBC Insurance**

Michelle is one of the most talented public speakers I have ever met. I'm the special events coordinator for a non-profit and Michelle made many presentations for us. She has enhanced the quality of our events. **Doreen Lazarus-Harris,**



Schedule Michelle Brady

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Michelle Brady's Expanded Training Descriptions

C.O.N.C.E.A.L.

Speech-Fear Control

Everyone gets nervous yet you can hide it from the audience. Want to appear confident and credible fast despite the fear? Michelle arms you with seven proven anxiety-management strategies using the acronym C.O.N.C.E.A.L. You'll can hide fear symptoms and feel competent presenting despite nervousness.

Oh No! You Misunderstood Me!

Language Mis-Perception

How does misunderstanding happen? Michelle reviews language complexities, how "Semantic Noise" one-track-interpretations influence interpersonal understanding, and how you can employ several strategies reducing and identifying semantic issues.

S.M.A.R.T. Money

Financial Fitness

Recovering from near bankruptcy, Michelle shares how to achieve financial fitness.

D.E.L.I.V.E.R.Y.

Strong Platform Skills!

Audience engagement demands your speaking skills be their best! Michelle provides immediately applicable tips to improve public presentation fast! Using the acronym D.E.L.I.V.E.R.Y. learn eight easy strategies to stop saying UM and eliminate other presentation mistakes.

Reducing Self- Disclosure Risks

Confidentiality Risk Reduction

Facebook has changed self-disclosure, our contact range, and challenged former confidentiality rules. Michelle reviews self-disclosure, confidentiality complexity, and provides practical risk-reduction strategies regarding personal information

Don't Blow It!

Strategies for Tough Emotions

Stress gets to all of us. Using counseling wisdom, add new mental, physical and spiritual coping strategies.

Michelle's presentation was energetic, engaging and articulate, never uttering an "um", "ah", "you know" or any other vocal filler. She had obviously done her homework and tailored her presentation to the audience. Very helpful presentation.

Mark Gaulner, OH

Michelle brings a wonderful energy. Her professionalism is seen in her organizational skills, detail attention, and excellent communicating style. Michelle has never given anything but a totally enjoyable and engaged effort.

John Miller, Ohio

