

MICHELLE LEWIS

"THE BLESSINGS BUTTERFLY"

ABOUT MICHELLE

MICHELLE LEWIS

Michelle Lewis is an award-winning author, passionate speaker, and women's empowerment coach. She is the creator & founder of The Blessings Butterfly, a holistic coaching practice that is dedicated to encouraging, inspiring, and empowering people to live a life that they love and love the body they live in.

Michelle is the author of the Amazon best-selling self-help books *The Blessings Butterfly* and *The Blessings Butterfly Companion Guide*. Michelle is the co-host of *The Sparkle Hour*, a "fun & feisty podcast for empowered women & woke menfolk."

Michelle's work has also been featured on Teachable, Girl Inspo, Live Your Divinity Summit, Do It Scared podcast, Money Mantra podcast, Being Boss, and Ripl. She is addicted to traveling the world, and currently lives in sunny Southern California close to family.

FAVORITE SPEAKING TOPICS

THE POWER OF POSITIVITY

- Learn 4 Simple Tools to Help You Cultivate Positivity
- Why having a positive mindset is the key to living your best life
- Health Benefits of Positivity

SLAYING THE SHAME DRAGON

- My personal story of overcoming decades of deep shame and coming out of hiding to deliver my message of hope & healing as The Blessings Butterfly
- (trigger warning: contains graphic content)

RADICAL SELF-LOVE

- How to put yourself first without guilt & why it matters
- Learn the difference between Self-care and basic maintenance
- 3 ways Radical Self-Love heals us

BOOKING INFO

CONTACT

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Let me help you to slay your shame dragon!