



Michelle's Title: Wellbeing Strategist, Author, TEDx Speaker, Passionate Mental & Health Change Agent

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Mental Health Series "Michelle's Conversations that Matter" on YouTube:

<https://www.youtube.com/channel/UCn6Yaq3AqLUebGmfZoRdB4Q>

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Free Chapter of my Book: <http://breakingintomylife.com/excerpt/>

Michelle's Bio: Michelle E. Dickinson is a Wellbeing Strategist and passionate mental health advocate. She is also a TEDx speaker and a published author of a memoir entitled *Breaking Into My Life*. Michelle goes first and sees herself as the bridge that helps people get comfortable with their mental health so that they reach out and get the support they need before they hit a crisis. She makes it ok to not be ok and thrives on making a real difference in the lives of others – especially around their wellbeing.

After years of playing the role of child caregiver to her bipolar mother, Michelle embarked on her own healing journey of self-discovery. She went on to spend years working to eradicate the mental health stigma within her own workplace by elevating empathy and compassion, causing more open conversations, and leading real change in how mental illness is understood. She was instrumental in building the largest and fastest growing employee mental health employee resource group while at her fortune 50 company.

She also knows first-hand what it feels like to struggle with a mental illness after experiencing my own depression due to her divorce. This has provided her with a rich perspective.

Michelle is out to do her part to eliminate the stigma by normalizing the mental wellbeing conversation within the workplace and beyond. She partners with innovative leaders to bring them her Psychological Resilience programs and mental health strategies to recenter employees and cultivate cultures of compassion. Her signature Resilience webinar has made a positive impact on thousands of employees during COVID-19.