

# AMANZI



## **About The Workplace Wellness Program**

Michelle creates new, innovative wellness programming for global corporate clients, including hiring best-in-class practitioners all over the world to support wellness initiatives and events if needed.

She facilitates powerfully effective sound meditation, breathwork, and other mindfulness modalities that deeply support clarity, focus, productivity, and relaxation so that employees' wellbeing is fully supported and they are operating at their most creative.

As a former Employee of both Jumeirah Group Hotels Resorts and Six Senses Hotels Resorts Spas she has the experience and understanding of Corporate Operations.

Let's talk about how a wellness program will directly impact your company & goals by booking a free discovery call or via email.

## **SESSION DETAILS**

Duration & Rate : Depends on the program outline and requirements.

## **MY CREDENTIALS**

ICF (International Coach Federation) Accredited Life Coach

NLPC (Federation of Neuro-Linguistic Programming Coaching Professionals) Accredited NLP Coach

Compassionate Inquiry<sup>®</sup> Somatic-based Psychotherapeutic Approach (Professional Training by Gabor Mate)

Somatic Attachment Therapy (By the Embody Lab)

DEI - Diversity Equity & Inclusion Train the Trainer (By the NCBI)

Breathwork Instructor (By the Yoga Life Awareness Program)

Sound Healing Facilitator (By Awakening Prema)