



Velvet Covered Steel

Mastering Resilience Against All Odds

Do you find it increasingly difficult to manage the turmoil that goes on inside and outside of you when there are misunderstandings, assumptions or unresolved conflict?

Is self sabotage tormenting you when relationships are not going well?

You will be inspired and motivated with this insightful topic! Michelle will engage you in understanding **the science behind resilience** and a strong state of mind while learning about communication under pressure.

You will walk away with multiple and very specific applications that will transform how you process challenges. Leaders and team members will feel empowered to **diffuse stressful situations and feel more equipped to control their own stress response intrinsically and extrinsically.**

Participants will be able to:

- Discover the Brain Science behind Stress, Offense and Frustration
- Understand how Stress affects our Ability to Cope & Communicate Effectively
- Retrain the Brain for Resilience by making Small Daily Changes that create BIG Results!
- Create a Healthy State of Mind in all Circumstances
- Connect Effectively with Others to Diffuse Stressful Confrontations

This Program is Perfect For:

- Leaders and/or Managers
- HR Professionals
- Institutions or cultures where stress is high
- Associations & Corporations

Get Started!

SCAN the QR Code to set up a 30-min or 60-min no-cost Strategy Session



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Rave Reviews of Our Speaking Engagements



Michelle is very passionate about her work and is an enthusiastic engaging speaker that not only captivates your attention with topic content, but also engages you as part of the learning.

Derek Wood

CFO of West Michigan Transport



Michelle Steffes led an interactive talk and presented science-based information in a fun and engaging way. This is great stuff – professionally and personally!

Debra Hintz

CIO, VP Grand Rapids Community College



Michelle is outstanding, goal-oriented, and dedicated to achieving what others only dream.

David Pace

CEO, Business Speakers Bureau & Entertainment



“Michelle was amazing & inspiring! I have been to many of these conferences and this was, hands down, been the best keynote”

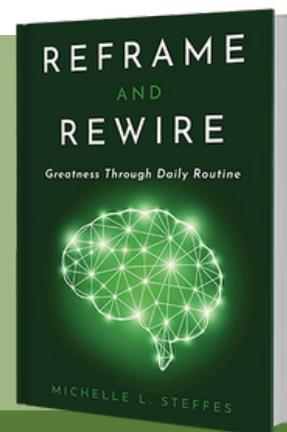
Carie M Gort

Business Development Coordinator at Spectrum Health



Speaker Michelle L. Steffes

With three decades of leadership and 10,000 hours of study in the science of human behavior, CEO & Founder, **Michelle L Steffes** has created a winning “people-first” formula for developing high performing individuals, leaders, and teams.



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