



Michelle Thompson

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🎙 Podcast: *Her Comeback: Transforming Your Life After 50*

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Bio:

Michelle Thompson, MBA, PMP, CLC, is a certified life coach and founder of Empowering You-Life Strategies, where she partners with clients to grow their impact, overcome obstacles, and thrive. With over 15 years of experience helping and mentoring women through life transitions, Michelle brings a unique holistic approach that combines her analytical project management background with transformational coaching techniques.

As a seasoned business professional, Michelle spent over two decades in corporate leadership roles, including managing a \$67M global HR platform implementation and serving as Chair of the Heritage Business Resource Group, where she won the "Allyship in Action" award. Her expertise spans change management, transformational leadership, and executive presence, skills she now applies to help clients break down big goals into manageable steps and achieve life-changing outcomes.

Michelle holds an MBA from Wake Forest University School of Business and maintains certifications as a Project Management Professional (PMP) and Certified Life Coach (CLC). She is launching her podcast "Her Comeback: Transforming Your Life After 50," focused on empowering women to lean into their created future and employ the best version of themselves during pivotal life transitions.