

SOUL SHIFT 101: ELIMINATE YOUR LIMITING BELIEFS

SoulShift
The Shift is Within

Michelle Nagel
Master Herbalist, Author and Certified
Jack Canfield Success Principles Trainer



**Do you feel trapped
behind a wall of glass,
watching the world go by
but unable to find the door
so you can join in?**

***Do you feel like you've
lost yourself, trying so hard
to prove your worth to others?***

Women buy into the negative comments of others, accepting them as truth, rather than embracing their own unique qualities, talents and gifts. Oftentimes their past experiences unwittingly dictate their futures. But, *it IS possible to step boldly into their identity without compromise or apology - and Michelle Nagel has the answers.*

As a resilient survivor of childhood abuse, Michelle was on a lifelong search for anything to take away her pain, and release the blackness covering her soul. She had a family and was successful in business - but lived in continual fear, and felt no passion for life. What was wrong? Her in-depth search revealed the clear and life-changing answers that every woman should know. Her **Soul Shift™ Technique** is bringing women across the nation to a place of transformation and liberation, and she is a MUST HAVE speaker and presenter for any group or organization concerned with the well-being of women. Michelle Nagel is a successful entrepreneur, business owner, a Certified Jack Canfield Success Principles Trainer and author of the book, *Aces High - Winning at the Hand Life Dealt You*, soon to be available on Amazon.com.

Michelle is Available to

Speak for: Corporate HR, Mom-mentum, Women in Crisis Groups, Women Entrepreneurs of Southern Oregon, Business Women Connect and Aspiring Mormon Women

Speaking Topics:

1. Eliminate Your Limiting Beliefs - Pushing Through Self-Defined Barriers and the Perceptions of Others
2. Change is Not the Enemy - Embrace Modification and See its Benefits
3. Self-Esteem vs. Self-Worth - Know the Difference and Understand Your Value
4. Stop the Blame/Complain Game - Accept 100% Responsibility for Your Choices
5. Clarify Your Purpose - Is Your Life, Work and Relationship Fulfilling?

(Speaking topics can be customized for the specific client need.)

Endorsements:

Michelle is a powerful speaker who connects to the heart of each audience member through her stories, interaction and audience participation. She shares her knowledge, empathy and her own personal experience with grace and ease. Her presentations offer an experience of self growth and awareness.

-- Dr. Jody Jedlicka - Audiologist

Michelle is very gifted, deeply intuitive and a highly effective coach. Her message is clear and authentic. Her teaching is professional, informative and enriched by her own compelling life story. Her workshops are engaging and life inspiring and I have come away wonderfully transformed. Thank you, Michelle, I can wholeheartedly recommend you.

-- Conny Blunt, MD, FRCA
(Fellow of The Royal College of Anesthesiologists)



Michelle Nagel
michelle@isoulshift.com
541-371-2329
www.isoulshift.com