



Professional Life Coach, Motivational Speaker, America's Leading Life Redesign Expert, Foodie, Chef and Best-selling Author, Michelle DeBerge employs a unique blend of psychology, coaching techniques and spirituality to help others "design the life of their dreams."

Michelle's ultimate mission: To help you achieve more success, achieve your dreams and design the healthy lifestyle you desire for the long term.

She uses her own experience of a serious health scare, her recovery, her discovery and study with some of the world's top experts in nutrition, diet and health, to form the foundation for her health and wellness programs.

She has rewritten her cookbooks to create her recipes gluten, sugar, dairy free. They have bold flavor, international flair and are quick and easy. Since she struggled physically for so many years, it is her passion to help others be healthy and do it with ease and grace.

Michelle's authenticity in identifying with the struggles that so many face has been a key factor in Michelle's success. She inspires personal

growth and motivates people to redesign and renew their lives. She blends spirituality, experience, lifestyle, health, wellness and coaching together to create unique programs for her clients and audience.

Her story, her experience and her passion relate to each individual and is priceless in positively impacting each person. Michelle's own compelling personal story is what ultimately led to her career in helping others to find themselves, their happiness and success within.

She has helped guide her clients over the past 15 years to great success through a proven method of training, daily support and more. Using a time-honored, holistic approach that acknowledges the contributions of mind, body and spirit, Michelle custom tailors her programs and guides participants through an awakening process that empowers them. With her innate ability to recognize what's holding them back, Michelle will assign the right exercises to help them diffuse their obstacles and liberate their capacity to reach mental, physical, and spiritual fulfillment.

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