



# Michele Mariscal, PhD

*Health for Body, Soul, Spirit*

## ABOUT MICHELE

Michele is warm-hearted, perceptive, and connected to any group that she works with providing the feeling that she is speaking to each individual. Her broad educational background of molecular biology to esoteric philosophy gives her an innate ability to bridge science to spirit. Her own journey through grief brought many learning lessons which she has used to inspire and encourage others to learn from and grow from these experiences in their lives. She provides practical tools that can be implemented immediately and inspiration for continued movement forward in life.

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## FEATURED TOPICS

### **Ditch the Myths – Be Human in the Face of Grief**

Grief is one of the most hidden topics in our culture. Many have learned to grieve alone, replace the loss, or accept other myths that have been offered as a means to move forward. Unfortunately, this often results in unresolved grief. This keynote invites the listener to move out of the old myths about grief and loss and create a new understanding of how to resolve grief.

### **3 Things That Keep People Stuck in Anxiety**

Anxiety can sneak up on us and suddenly feel like a permanent state. The good news is we can reverse it! Learn what needs to happen to live free from anxiety.



**CERTIFICATIONS:** *Advanced Grief Recovery Method Specialist  
HeartMath Trainer, Coach, Mentor*

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**HERE'S WHAT PEOPLE ARE SAYING:**

"Michele approaches the topic of grief with full compassion and the science to back the resources she provides. She is able to share her knowledge in a way that's easy to understand and use. Michele is warm, open and caring and this can be felt in all her interactions."

- Brenda Kress  
Just Imagine  
Sacramento Hospice Consortium

"Michele Mariscal is a down to earth and heart centered speaker. Her own personal journey with grief allows her to share intimately and lovingly in a manner that creates a beautiful and safe space for her audience. I highly recommend her expertise as mental and emotional health are components of wellbeing we can no longer ignore."

- Kelly Andrews  
Speaker, Trainer, Coach



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**CONTACT INFORMATION:**

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**WATCH MICHELE'S SPEAKER DEMO:**



<https://youtu.be/ggBpMw83ezA>



[www.energym.org](http://www.energym.org)