

# Michelle Ann Collins

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Michelle Ann Collins educates and empowers organizations and individuals with strategies that shift their state from Grief to Growth, Pain to Productivity, and Just-getting-by to Joyful.

After a series of significant personal losses, Michelle utilized holistic tools and skills to turn post-traumatic stress disorder into post-traumatic growth. Having experienced that growing through trauma and loss is possible, she began her mission to create more grief literacy in our culture and demystify taboo subjects like suicide. Her two bestselling books, *Surviving Spouse or Partner Suicide Loss* and *Supporting a Survivor of Spouse or Partner Suicide Loss*, were gratefully-received by other survivors as well as individuals facing different types of tragedy, injury, or loss.

As a certified mindfulness meditation teacher, grief educator, wellness coach, and yoga therapist, Michelle combines her expertise in positive psychology, neuroscience, meditation, and mindfulness to guide organizations and individuals from surviving to thriving. Workshops, employee wellness program development, and professional development training sessions allow her to teach and coach in private, corporate, and small group settings, sharing her skills and experiences to help others transform their lives and workplaces.

Michelle offers a holistic approach to personal and professional growth, equipping individuals to rediscover joy and share it with others.

