

# *Michelle Colt*

*Electronic  
Press Kit*



*Motivational Speaker & Coach*  
*'Let Your Light Shine and Be Seen'*  
*& The Inside Game*

# Biography



Michelle Colt is passionate about helping people connect to their authentic selves, get past their perceived limitations and shine in their lives and careers.

Prior to her new workshop, “How To Have The Courage to Let Your Light Shine and Be Seen” she has been and continues to teach sold out workshops of **THE INSIDE GAME**, in New York City, Los Angeles and San Francisco for 15 years with her husband Robert.

Thousands of people have taken their **INSIDE GAME** workshop and have had major positive shifts in their professional and personal lives as a result of the Colt’s information and techniques. Michelle also works privately with people from all over the world imparting this powerful information and the techniques via Skype sessions.

At the beginning of 2016, Michelle had a strong intuitive hit that it was important to start teaching a one day workshop for women. Creating a workshop that would teach women how and why they give their power away, she wanted to empower women to live authentically without apologizing for their true selves and passions.

Having overcome tremendous obstacles herself, including severe anxiety, self-doubt, recurring negative mind loops and ultimately a tremendous fear of shining and letting herself be seen, she came to realize there are factors that are specific to women that needed to be brought to light. The response to this new branch of Michelle's work has been deeply inspiring.



## A PERSONAL LETTER FROM MICHELLE



I know how painful and self-defeating it is to hide your light. I also know how crippling fear and anxiety are when you don’t have the right knowledge and tools to step out and be seen for who you **ARE**, as you **ARE**. As you know instinctively, it’s only when you step into who you are that your truth, power and unique beauty shines the brightest.

Believe me I’m no different than you. In my personal quest to shine I’ve overcome tremendous obstacles, including severe anxiety, self-doubt and intense recurring negative mind loops. During this life changing process I came to realize that there are key factors specific to women, mostly unspoken and unseen, that have to be uncovered and let go of. I also came to see that you can only help another woman to the extent that you’ve been able to help yourself.

Ultimately I overcame my tremendous fear to let my light shine and be seen. And now I’m helping women, just like yourself, do the same. We as women have a unique life force and bond and when we come together and share together the missing links I’ve discovered I know you’ll have the courage to let your light shine and be seen too.

Warmly,  
Michelle Colt

*“HOW TO HAVE THE COURAGE  
TO LET YOUR LIGHT SHINE AND BE SEEN”*

*AN EMPOWERING  
ONE-DAY WORKSHOP FOR WOMEN  
with Michelle Colt*

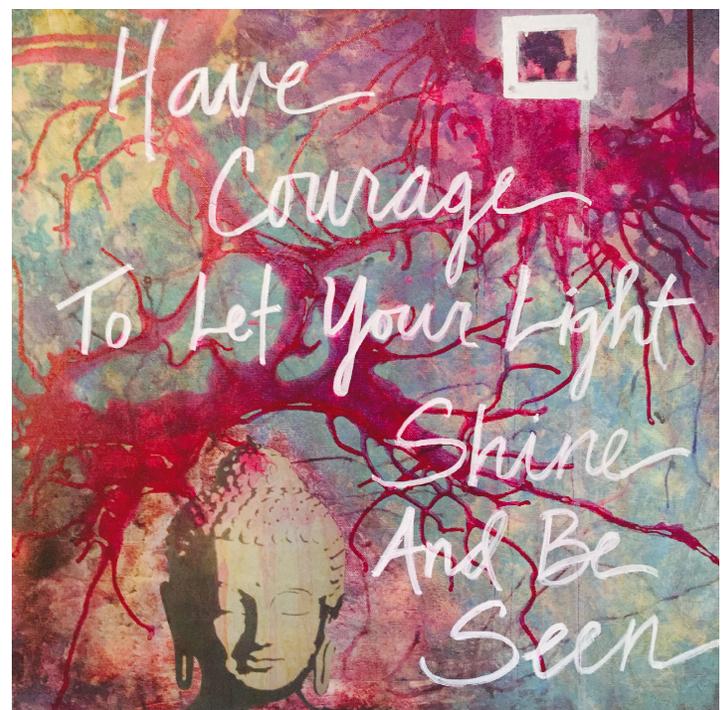
## DISCOVER

- \* Why and How Women Give Their Power Away
- \* A Trance That Prevents Women From Being Their Authentic Selves
- \* The Hidden Masks We Wear
- \* Relief From Negative Emotions
- \* Why Shame and Codependency are Deeply Linked
- \* A Life Changing Technique for Being Present in Your Life

## PLUS

- \* Empowering Processes  
To Shine and Be Seen

*Workshops available  
in group settings  
& private sessions*



# Testimonials



"The work I've done with Michelle has completely shifted not only my awareness of how I can get in my own way, but my awareness and my skill set for how I can get OUT of my own way as well. Michelle's approach is a sturdy compassion that I trust implicitly; to let down my walls without fear of either of us getting lost or overwhelmed. She brings out the "extraordinary" in others."

*Elaine Hendrix*



"I have always wanted to be the woman who walks into a room comfortable in her own skin, relaxed, and present. My desire to work through this is what led me to Michelle's Shine. In the workshop, I discovered even more ways in which I play small and get in my own way. The simple and practical techniques Michelle teaches, have helped me so much in pushing through the self sabotage, fear, shame, and shyness I struggle with. It immediately takes me into a place of deep ease and is exactly the help I was looking for. I am eager to share this work with all the women in my life so they, too, can feel at home in shining."

*Maria Elena Laas*

Cruz in the New Starz Show "VIDA"



"Michelle's SHINE workshop is special. I'm so grateful to have witnessed how Michelle worked with a group of women who are all on the journey of moving toward a happier and more fulfilling life. Misunderstandings were shed as new information and tools were learned. This resulted in all of us gaining excitement and awareness of who we are in place of fear and self judgement. I would have missed this life changing opportunity had Michelle not been there with her presence and intuition."

*Walker Brandt*



"Michelle has a wonderful ability to create a safe and empowering environment for women. She meets you wherever you are and you discover ways to deepen your connection to your soul and soothe your spirit so you have the courage to shine.

She teaches why and how women give their power away and also imparts powerful techniques which make it much easier to be your authentic self in professional situations and in your personal life."

*Missy Hairston*



"Michelle, in one word is extraordinary. In her usual empathic and straight-forward style, she reminded me that the answers I was seeking were all inside of me, all I had to do was look and listen. She reminded me of some the profound tools I had learned in the workshop, as well as provided a few, new tools to help facilitate my growth and discovery. Michelle adeptly works at the level the student is ready for and provides the necessary tools for independence and increased freedom from the chatter of the mind!"

*Maria Fagan*

**"THE MIND and fear are unfortunately bosom buddies for most people."**

**—Michelle Colt**



# Courage



*For More Information about  
“HOW TO HAVE THE COURAGE  
TO LET YOUR LIGHT SHINE AND BE SEEN”*

*Visit:* <https://www.michellecolt.com>

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<https://www.instagram.com/courage.to.shine/>

