

# 5 STAR TESTIMONIALS

★ 5.0 (10 reviews)



**Nádia**  
March 2023

We had a great time working on our vision board as a team. Michelle was the most attentive, thoughtful and nicest host we could have asked for. She walked us through the benefits of setting up our vision board, shared examples to give us inspiration and have a detailed demo of Canva to help us get us started. She answers all our questions throughout the session and wrapped up with some thoughts and guidance on how we can continue our boards post session. Couldn't recommend Michelle and her vision board session more - you will have a fantastic time!



**Sophia**  
January 2023

This event was a big hit with our team! I've been receiving feedback that the event was super insightful and fun, and the host, Michelle, was friendly, attentive, engaging, and an all around delight! Thank you so much!



**Emma**  
January 2023

Michelle was a great host. We organized her vision board workshop for a 2023 year kick-off with our community members! She went through great detail on how we can create vision boards and went at a nice pace for everyone. Highly recommend!

**BOOKING: [michelle@flourishbymichelle.com](mailto:michelle@flourishbymichelle.com)**

# WORKSHOP REVIEWS



**Sofia**

December 2022

Cannot recommend Michelle and this experience enough. This was my first time creating a vision board and I loved how interactive and thoughtful the entire experience was. Michelle created a safe space for us to learn, share, and ask questions. I am so excited to finish my vision board tonight and will definitely be joining workshops with Michelle in the future!



**Annie**

January 2023

Our Employee Resource Group had a great time creating virtual vision boards for the new year. The opening part was very helpful in getting us to think about goal setting and being intentional. Michelle also provided great examples and resources to create our own boards. Each step was easy to follow and flowed well within the hour timeframe we had. I would highly recommend booking a private session for a team or group.



**Sacha**

December 2022

I did this experience because a friend invited me. I want really sure if it would be my thing, but had a blast. I made a virtual vision board and ended up learning some skills that are even helpful for me in my job! Highly recommend.

**BOOKING: [michelle@flourishbymichelle.com](mailto:michelle@flourishbymichelle.com)**

# WORKSHOP REVIEWS



**Kinsey Ann**  
October 2022

This was a great workshop! We did this for a team bonding event for our community of belonging. Everyone got something out of the workshop. Michelle was super responsive, inspiring and great to work with!



**Jeannine**  
March 2023

This was an amazing experience for our group! Something to do together but able to be introspective and creative. Was a great activity for our group. Mind opening experience.



**Caroline**  
December 2022

I got so much more out of this than I anticipated. I have done vision boards for many years. This is my first experience doing one online. She had a great way of walking the group through the process to really get clear as well as stretching our comfort zones. She is very knowledgeable, engaging, and welcoming. She knows her stuff and knows how to teach it. I would recommend this and I would take it again.

**BOOKING: [michelle@flourishbymichelle.com](mailto:michelle@flourishbymichelle.com)**

# 5 STAR TESTIMONIALS



*client* TESTIMONIAL

I enjoyed all of our speakers and guests! It was great to be exposed to passionate women who are making a difference every single day. The virtual vision board reminded me to document and solidify my very specific goals.

*-Lauren, April 2022  
Private Event for Dell Technologies*

DM ME FOR BOOKING OR VISIT  
[WWW.FLOURISHBYMICHELLE.COM](http://WWW.FLOURISHBYMICHELLE.COM)



*client* TESTIMONIAL



Michelle was great! Our team really enjoyed spending the bonding time together and we all took something out of it!

*-Regan, Aug 2022  
Private Event for Braze*

DM ME FOR BOOKING OR VISIT  
[WWW.FLOURISHBYMICHELLE.COM](http://WWW.FLOURISHBYMICHELLE.COM)



*client* TESTIMONIAL

I found this so cathartic, and I loved every second of it! Thank you so much for leading it!

*-Michele, May 2022  
Private Event for Google*

DM ME FOR BOOKING OR VISIT  
[WWW.FLOURISHBYMICHELLE.COM](http://WWW.FLOURISHBYMICHELLE.COM)



*client* TESTIMONIAL



Booked for a company wide event...great to work with

*-Allegra, Aug 2022  
Private Event for Webflow*

DM ME FOR BOOKING OR VISIT  
[WWW.FLOURISHBYMICHELLE.COM](http://WWW.FLOURISHBYMICHELLE.COM)

**BOOKING: [michelle@flourishbymichelle.com](mailto:michelle@flourishbymichelle.com)**

# 5 STAR TESTIMONIALS



*client* TESTIMONIAL  
★★★★★

Michelle is so lovely, and I'm very grateful of the learnings she shared with me and my team. I look forward to applying them in my life! This was a refreshing, fun, and insightful experience!

-Hanhe, Aug 2022

DM ME FOR BOOKING OR VISIT  
[WWW.FLOURISHBYMICHELLE.COM](http://WWW.FLOURISHBYMICHELLE.COM)



*client* TESTIMONIAL  
★★★★★

I really enjoyed this experience. Of course, I have heard about manifestation but Michelle gave it new aspects with specific steps I hadn't thought about before. What's more, she was super flexible in accommodating me timewise and she sent me a lot of useful information after the session. Michelle is a kind and thoughtful person. I would recommend her session if you need a push in the right direction.

-Vanessa, May 2022

DM ME FOR BOOKING OR VISIT  
[WWW.FLOURISHBYMICHELLE.COM](http://WWW.FLOURISHBYMICHELLE.COM)



*client* TESTIMONIAL  
★★★★★

I loved this class with Michelle. I learned a lot and the group shared their ideas openly. I'm excited to work on what I learned in this class.

-Margo, Jan 2022

DM ME FOR BOOKING OR VISIT  
[WWW.FLOURISHBYMICHELLE.COM](http://WWW.FLOURISHBYMICHELLE.COM)



*client* TESTIMONIAL  
★★★★★

Learned so much!!

-Allegra, June 2022

DM ME FOR BOOKING OR VISIT  
[WWW.FLOURISHBYMICHELLE.COM](http://WWW.FLOURISHBYMICHELLE.COM)

**BOOKING: [michelle@flourishbymichelle.com](mailto:michelle@flourishbymichelle.com)**

# 5 STAR TESTIMONIALS

“

*client* TESTIMONIAL

“I Am NOT Your Superwoman” was the topic of today’s October CREW Nashville member meeting. Michelle Gbur inspired us with her tips for stepping into our true power as females in a predominantly male industry. #crewnashville #power

-October 2022  
Private Event for CREW Nashville

DM ME FOR BOOKING OR VISIT  
[WWW.FLOURISHBYMICHELLE.COM](http://WWW.FLOURISHBYMICHELLE.COM)

“

*client* TESTIMONIAL

I loved the vision board exercise. I definitely wouldn't have made time for it otherwise. And now I'm glad I have one!

-Alyson, April 2022  
Private Event for Dell Technologies

DM ME FOR BOOKING OR VISIT  
[WWW.FLOURISHBYMICHELLE.COM](http://WWW.FLOURISHBYMICHELLE.COM)

## MY CLIENTS HAVE INCLUDED:

Google

Dell Technologies

Schneider Electric

LinkedIn

DaVita

Braze

Grammarly

CREW Nashville

gumgum

Women's Energy Network

ASPE

Rosenberg Associates

webflow

NAWIC

Akamai Technologies

Bend and Zen Yoga

Faire

Bozzuto

# **WORKSHOPS + SPEAKING TOPICS BASED ON YOUR TEAM'S GOALS + NEEDS ARE AVAILABLE**

## **TOPICS INCLUDE:**

**Burnout Recovery + Burnout Prevention**

**Compassion Fatigue Recovery + Prevention**

**Optimizing Performance for High Stress Roles**

**Leadership Development**

**Intentionality at Work**

**Goal Setting**

**Overcoming Limiting Beliefs**

**Mental Wellness at work**

**Stress Management**

**Boundary Setting**

**Trauma in the Workplace**

**Support for Traumatized Staff**

**Wellness Initiatives**

**+ MORE!**