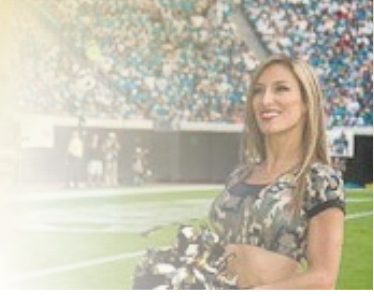




Michele Brown

INSPIRATIONAL SPEAKER ~ EXECUTIVE LIFE COACH



# Bringing SEXY Back

Feel More Beautiful & Balanced In Your Busy Life

| 60-90 minute presentation or half - full day workshop |

Michele Brown, Former NFL Cheerleader & Confidence Expert delivers an energetic, educational, and interactive presentation helping Women IGNITE their authentic beauty with easy-to-implment tools!



Women today are more productive than ever! They are running businesses, heading up departments, raising kids, sitting on boards, and more! With these incredible accomplishments can also come overwhelm & imbalance. It can be easy to forgot to take time for **self-care, self-love, and fun**. When a woman feels exhausted, it can affect ALL areas of life, including how she feels about herself.

In Bringing SEXY Back, Michele teaches **4 essential tools to help women feel more sexy and in alignment**. She shares transformational life coaching exercises and stress release techniques while revealing specific trade secrets and confidence tips she learned as an NFL Cheerleader...all designed to get audiences comfortable in their skin, having fun, and unleashing their authentic, SEXY, selves!

## Audience members will also learn...

- How to RELEASE negative self-talk
- How to get in alignment and balanced
- 3 red-carpet poses for fabulous photos
- An instant beauty technique women can apply, anytime
- 3 exercises to beautiful, confident posture
- 1 strategy to instantly set the mood to FEEL more sexy

[CLICK HERE](#) for more info:

