



MICHELLE BISHOP

Author • Speaker • Resilience Advocate

A compelling, authentic voice on resilience, reinvention and choosing yourself, delivering memorable experiences that inspire audiences and elevate events.

Michelle Bishop is an author, speaker, and founder of Bishop Life whose powerful story of overcoming childhood trauma, personal loss, health challenges and life-altering adversity has inspired audiences across the country. Through authentic storytelling and practical insights, Michelle equips individuals to move beyond survival mode, reclaim their confidence and create meaningful change in their lives.

As the author of the Amazon bestselling memoir *Choose You First*, Michelle shares lessons on resilience, self-worth, and the courage to choose growth in the face of life's greatest challenges. Her message resonates with women's groups, leadership events, faith-based organizations, and wellness-focused audiences seeking inspiration that is both relatable and actionable.

SIGNATURE KEYNOTE

Choose You First

Why Taking Care of Yourself Is the Greatest Gift You Can Give Others

For too many women, putting themselves last has become a way of life. The result is burnout, resentment and the feeling that they've lost themselves while caring for everyone else.

Drawing from her Amazon bestselling memoir *Choose You First* and her own journey through trauma, illness, grief and reinvention, Michelle challenges the belief that choosing yourself is selfish. Instead, she shows audiences how healthy boundaries, resilience and self-worth create stronger relationships, better leadership and a more fulfilling life.

Audience Takeaways

- Release the guilt of putting yourself first.
- Build healthier boundaries without sacrificing relationships.
- Develop practical habits for lasting resilience and emotional well-being.

WHY BOOK MICHELLE?

Michelle brings more than an inspiring story to the stage. She brings the credibility, relatability and presence that help create an event people want to attend and remember. As a bestselling author, award-recognized storyteller and experienced speaker, she gives event organizers a compelling name and message to promote while delivering the substance audiences expect once they are in the room.

Her deeply personal storytelling creates genuine connection, while practical takeaways ensure attendees leave with more than inspiration. Michelle's topics can also be tailored to complement an event's theme and audience, making her a strong fit for conferences, leadership programs, women's events and organizations looking for a speaker who can connect, engage and deliver.

ADDITIONAL KEYNOTES

The Silent Warrior

Turning Life's Hardest Moments Into Your Greatest Strength

Adversity has the power to break us—or transform us. Michelle knows this firsthand. After surviving childhood trauma, a traumatic brain injury, breast cancer and unimaginable personal loss, she discovered that resilience isn't something we're born with. It's something we build.

This inspiring keynote equips audiences with practical tools to navigate change, overcome setbacks and emerge stronger than they ever imagined.

Audience Takeaways

- Develop a resilient mindset during life's most difficult seasons.
- Learn how to move from surviving to thriving.
- Leave with practical strategies for embracing change with confidence.

Reinvention Has No Expiration Date

Creating Your Boldest Chapter Yet

At an age when society often tells women to slow down, Michelle launched a commercial modeling career, embraced new opportunities and proved that reinvention has no deadline.

This uplifting keynote inspires audiences to let go of limiting beliefs, embrace new possibilities and pursue dreams they may have convinced themselves were out of reach.

Perfect for women's conferences, leadership events and organizations navigating change.

Audience Takeaways

- Replace fear with confidence during seasons of transition.
- Learn how to embrace change instead of resisting it.
- Walk away inspired to pursue what's next—at any stage of life.

Breaking the Cycle

Healing the Past. Choosing a Better Future.

Our past shapes us—but it doesn't have to define us.

Drawing from her own experience overcoming childhood trauma and breaking generational patterns, Michelle shares a message of hope, healing and intentional living. This deeply personal keynote reminds audiences that healing is possible and that every person has the power to write a different story for themselves and future generations.

Audience Takeaways

- Understand how past experiences influence present choices.
- Learn practical steps toward healing and emotional freedom.
- Discover how to create healthier relationships and lasting change.

Healthy Boundaries, Healthier Life

Learning the Power of Saying No

Many people believe saying “yes” makes them compassionate, dependable and successful. In reality, constant people-pleasing often leads to exhaustion, resentment and burnout.

With warmth, humor and practical wisdom, Michelle teaches audiences how establishing healthy boundaries creates stronger relationships, better leadership and greater peace of mind.

This keynote is especially impactful for caregivers, professionals, nonprofit leaders and women's organizations.

Audience Takeaways

- Recognize the warning signs of burnout.
- Learn practical strategies for setting healthy boundaries.
- Replace guilt with confidence when protecting your time and energy.

Grief, Grace & The Courage to Begin Again

Finding Hope After Life Changes Forever

Grief changes us—but it doesn't have to define the rest of our story.

Through the heartbreaking loss of her husband, caring for her father during his final years and rebuilding a life she never imagined, Michelle offers audiences an honest and hope-filled perspective on navigating profound loss.

With authenticity and compassion, she reminds audiences that healing doesn't mean forgetting. It means finding the courage to live fully again.

Audience Takeaways

- Discover healthy ways to navigate grief and major life transitions.
- Find hope without minimizing loss.
- Learn practical ways to move forward while honoring the past.

Ideal Audiences

- Women's Conferences
- Corporate Women's Networks
- Leadership Events
- Faith-Based Organizations
- Wellness & Personal Development Events
- Community Organizations
- Nonprofit & Association Conferences



Credibility & Recognition

- Master-certified life coach by the International Coaching Federation
- Amazon Best-Selling Author of Choose You First
- International Impact Book Awards Winner
- Continental Who's Who Recognition
- Featured Guest, Close Up Radio
- Featured Guest, Women in Power TV
- 25K+ social media followers
- More than two dozen podcast, television and media appearances

Booking Information

Michelle Bishop Media, LLC
Website: bishoplifecom.com

