

We all have a story. Here is *mine*.

Hi! I am Dr. Michelle Cromwell, and my journey has been guided by a deep commitment to **healing**, **wholeness**, and **women's well-being**. After earning my PhD in Conflict Analysis and Resolution, I spent 18 years in higher education, most recently serving as a C-Suite executive. Yet, in the midst of professional success, I was also navigating the realities of being a Black woman in leadership while quietly struggling with undiagnosed perimenopausal symptoms and the weight of burnout. To restore balance, I turned to integrative practices—yoga, reiki, hypnotherapy, and medical astrology—discovering them as powerful forms of activist **self-care**.

This personal transformation inspired my joyful transition into becoming a **Women's Well-being Strategist**. Today, I walk alongside women—especially leaders and visionaries navigating burnout and midlife shifts—creating true activation experiences through the art of natural, holistic solutions to awaken our **WHOLE HEALTH**.

A lifelong learner, I am completing my training as a clinical herbalist with a foundation in Traditional Chinese Medicine (TCM) and Western herbs, while also building a knowledge base in West African rainforest traditions. My work lies at the intersection of **Science** and **Spirit**, designed to support you with wisdom, tools, and practices that honor your **body**, **heritage**, and **whole being**.

I look forward to hearing *yours*...

Dr. Michelle Cromwell

Are you...

EXCELLING IN YOUR CAREER BUT SILENTLY STRUGGLING WITH THE IMPACT OF MENOPAUSE ON YOUR ENERGY, FOCUS, OR CONFIDENCE?

LEADING OTHERS EVERY DAY, YET OVERLOOKING YOUR OWN WELL-BEING AND HAVING MORE HEALTHY DAYS?

RELYING ON TRADITIONAL LEADERSHIP STRATEGIES THAT PUSH PERFORMANCE BUT IGNORE WOMEN'S UNIQUE HEALTH NEEDS?

NAVIGATING HIGH-PRESSURE ENVIRONMENTS WITHOUT THE TOOLS TO RESTORE BALANCE, CLARITY, AND RESILIENCE?

I've been there too!

LET'S TALK!



Empower
Your **WHOLE**
Well-being

Dr. Michelle Cromwell

WOMEN'S WELL-BEING STRATEGIST
MENOPAUSE COACHING SPECIALIST



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My Strategy

NATURAL SOLUTIONS ONLY

Are you a woman navigating the beautiful, complex terrain of midlife, seeking to reclaim your vibrant energy and inner harmony? In a world that often demands tireless performance, it's easy to overlook the profound connection between your well-being, women's health, and your capacity to truly thrive. You deserve a path that honors your whole self.

My practice is rooted in the belief that every woman deserves holistic strategies and natural solutions that give her more healthy, energized days. I blend ancient wisdom, modern science, and personalized practices to support you, both at work and at home. I am committed to revolutionizing women's wellbeing and midlife care by offering safe, effective, and accessible practices that elevate your quality of life, empowering you to live vibrantly. To truly thrive, women need **holistic strategies** and **natural solutions** that give them more healthy, energized days. I am committed to revolutionizing leadership and menopause care by offering **safe, effective, and accessible practices** that elevate women's quality of life—both at work and at home. My approach integrates holistic practices such as **meditation, breath work, yoga, and restorative sleep**, alongside **ethically sourced tea blends** created by me, in partnership with local experts and communities in **Benin**, harnessing the power of **traditional herbs for modern well-being**.

MIND-THE ENNEAGRAM- THE INNER WORK

We move beyond simple personality traits to uncover the deep architecture of your psyche, transforming old defense mechanisms into a clear roadmap for emotional freedom. By understanding the "why" behind your actions, you gain the agency to break cyclical patterns and lead with authentic confidence. This work quiets the internal battlefield, replacing confusion with the clarity of self-mastery. Let us cultivate a mind that serves as your greatest ally in navigating a complex world.

BODY: YOGA, MENOPAUSE & HERBALISM

Dedicated, personalized support to navigate all stages of menopause with grace and renewed vitality. Your body is not an obstacle to be managed, but a sacred instrument waiting to be tuned to its highest vibration through movement and the potent power of plants. We utilize the precise technology of Kundalini Yoga alongside restorative herbal wisdom to flush out stagnation and build a nervous system resilient enough to hold your power. This is about deep cellular nourishment, ensuring your physical vessel is strong enough to support your destiny. Experience the profound vitality that arises when your biology is fully aligned with your purpose. Transform any transition into a source of strength, confidence, and self-discovery.

SPIRIT: ANCESTRAL ALCHEMY

Reconnect with the timeless support system that flows through your very bloodline, turning unseen guidance into a tangible source of modern strength. By honoring the roots of your lineage, we ground your spiritual practice in reality, ensuring you never feel alone while navigating life's crossroads. This is the ultimate homecoming—a **return to the source where ancient wisdom becomes a practical compass** for your daily life. Walk with the assurance that your intuition is backed by generations of strength.

MY INVITATION TO YOU

Whether you're stepping into a new phase of your professional or personal journey, navigating the transformations of midlife, or simply seeking more peace and sustainable energy in your daily rhythm, I am here to walk beside you.

Together, we'll transform challenges into profound sources of strength, helping you feel more healthy, energized, and deeply yourself. It's time to unlock your sustainable brilliance—in **every aspect of your life**.

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Holistic Intelligence integrates the precision of the Enneagram, the vitality of Kundalini science, and the rooted wisdom of Ancestral Alchemy to offer women a complete ecosystem for transformation.