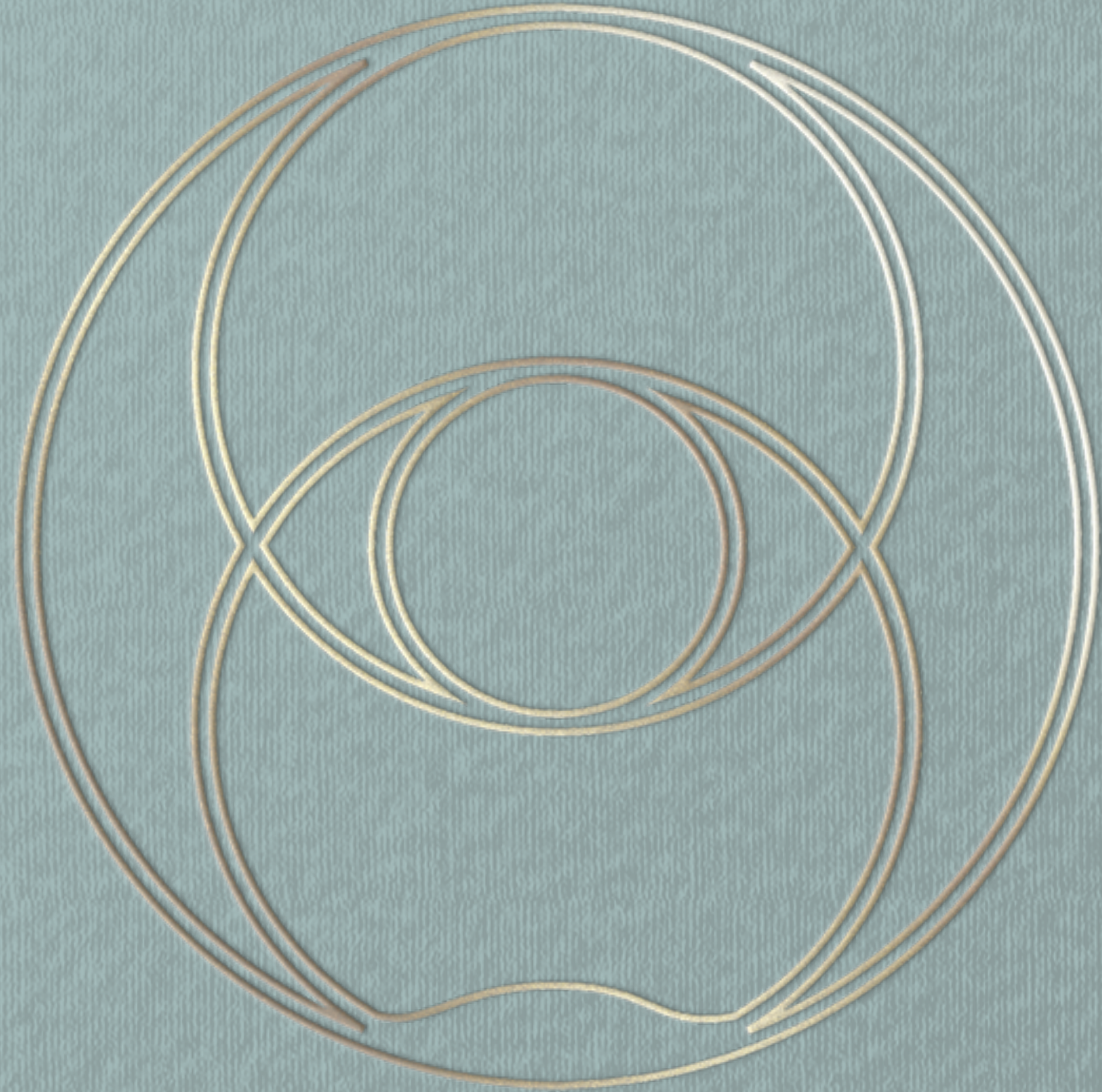


# Michelle Wolter

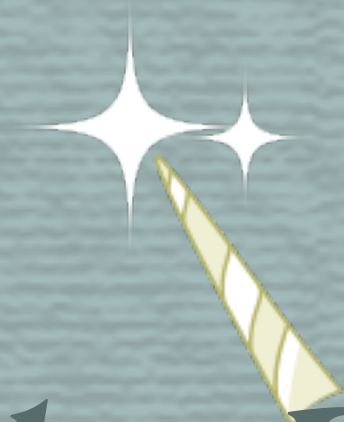
A coach for women



BERLIN

INTRODUCTION





# *Create the Best Half of Your Life*

*Step Into Your Most Joyful, Fulfilling Chapter Yet  
Create Life Changing Habits that Stick*

+ Mindset  
Makeover

+ Perimenopause  
support as needed



# A Personalized Workshop with Michelle Wolter

*Transformation & Mindset Coach for Women*

+ Menstruality Mentor

+ Menopause Support



Think too much about what other people are doing and their opinions?

Feel you have a good life and yet some days feel like you are merely surviving?

Do you ...

Wake up some mornings feeling like you are on a hamster's wheel?

Often feel dissatisfied in general?

Feel the impact of life's challenges: aging parents, raising kids, wanting more career or relationship satisfaction or all of the above??

Take workshops like this and felt like nothing in the past really stuck?

Need support with Peri/Menopause or want to be more prepared?

Notice you have trouble remaining happy / content when the "going gets tough?"



# Its Time to Get Off the Hamster Wheel & Create a Life You Love THAT STICKS!



In this workshop, you'll learn how to:

- Start focusing on what **YOU** want, instead of continually obsessing about your “problems” – build this muscle so it lasts!
- Intentionally create and live into the life you want (forget about merely surviving each day on autopilot) .
- Make time for the things that make your heart sing and make this non-negotiable.
- Decide who you want to be, how you want to feel and act each day .
- Start to notice and learn how to lovingly encounter your special brand of self sabotage (perfectionism, people pleasing, overworking, overthinking, acting out on others or yourself, keeping the loop of self doubt running in your head) and move beyond this.
- Notice if you are beginning to negotiate peri /menopause or are well into it and learn how to take care of yourself naturally.



# YOU'LL LEARN HOW TO



## When you do this, you'll:

- create and live into a fulfilling life that makes you **FEEL GOOD**
- feel unshakable worthiness, confidence and self love
- get off the hamster wheel: live life with more grace and sanity
- set firm boundaries. Have the difficult conversations you keep avoiding
- lean into healing yourself naturally & feel powerful because of it
- move past your special brand of self sabotage (perfectionism, overworking, overthinking ,etc)
- Live in creation mode instead of survival mode
- Attract “higher vibration” people, find the help you need
- Break old habits of thinking & being that can lead to disease, depression, lack of fulfillment
- Trust yourself more / Become your own best advocate & friend
- Create & maintain relationships that are deep, positive & bring you joy
- Feel stronger in your body & learn to listen to your needs
- Realize you are more powerful than you knew

# WHAT YOU'LL GAIN





## Together we will:

- Overhaul your thinking
- Notice what comes up in your thinking - what is your special brand of self sabotage and chip away at creating a new mind that supports the things you want in life
- Identify and create strong boundaries for increased energy, joy and fulfillment
- Learn and practice saying NO to what does not fulfill you and yes to what does
- Increase your understanding of Peri/Menopause as needed, lessen symptoms, help you embrace this phase of life as a right of passage to be honored
- Nip anger, resentment, frustration, boredom in the bud



# OUR GOAL



What's different  
about this  
workshop?



It's by *invitation only* and for those ready to make deep, lasting change. I only take in *a small amount of participants (6)* so we can go deep and I can be with you all the way

We create a game plan at the very beginning together

This course is catered to your *specific, unique needs* and where you are in your life (*not* one size fits all)

We address *Menopause* as needed and turn this into a positive. (Yes. Really.)

We create another game plan once we wrap, so you have a map that you can refer to and can continue this work, knowing exactly what you need to do daily to *continue your growth and evolution*

You'll have access to me when you need *extra support* in between private and group sessions

You'll have accountability to ensure and keep an eye on your growth

If you are not in Menopause - we'll increase your awareness of your *hormonal life* and help you lean in



# WHAT IS SPECIAL



- **WEEK OF JAN 1ST:** First Individual Private Session (this can also take place in December) An overhaul of where you are now, what your needs are, and beginnings of your fun, personalized game plan
- **SUNDAY, JANUARY 7TH:** First Group Session
- **Week of Jan 14th:** Second Individual Private Session
- **SUNDAY, JANUARY 21ST:** Second Group Session
- **WEEK OF JAN 28TH:** Third Individual Private Session: Your exit strategy with your tools in place, knowing what your next moves are in creating and living into your fulfilling life x
- **SUNDAY, FEB 4TH:** Final Group Session

I'M IN

# COURSE STRUCTURE





***We are feminine and fluid!*** We have the possibility of the private sessions happening as needed or as both of our schedules allow. All private sessions must be complete by Feb 14th

Signal (preferred) or WhatsApp support

Accountability: Beginning and end of week check in / check out

Extra Goodies to Build Your Toolbox: such as Guided Meditation / Yoga Nidra / Suggested Practices / Inspiring Audios and Videos - Exercises you can do on your own

***FEMININE AND FLUID OFFER:  
777 EUR NOW UNTIL DEC 8th***

897 EUR starting December 9th

1,177 EUR Starting Jan 1st

Payment plans are welcomed.



# HOW TO RESERVE YOUR SPOT

[CLICK HERE](#)



Those who are feeling: enough is enough. I deserve the life I dream of and am ready to take action (I Matter) I want to feel lighter, fulfilled and genuinely happy

Those curious about how to live life more gracefully, with more energy, sanity and joy

Those wanting to intentionally create the next chapter of their lives

Anyone who needs support in creating and leaning into their fulfilling life

Those in Peri / Menopause who are ready to debunk the mainstream narrative re: Women over 40 + Menopausal Life

Those ready to commit the time and energy to creating meaningful change in their lives

Anyone interested in giving their health an upgrade

***Those ready to JUMP!***

SIGN UP



# WHO THIS COURSE IS FOR



You don't have to settle for your present reality

You can create a  
new one, whenever  
you choose



“When you change the way you look  
at things ... the things you look at  
change ...”

Dr. Wayne Dyer



I have learned that life is not about getting to a place where problems, overwhelm, or our special brand of triggers and self sabotage never happen - its about learning how to deal with these moments with deep love, compassion and humor while getting out of our own way so that we can create the life we want

The techniques I'll be teaching you will help you to build up your toolbox so that when your monkey mind, self sabotage, or a Menopause wobble comes in, you know how to handle it. And this starts to happen a lot less.



# MY STORY



By using these techniques myself, I know that there is a better way and I feel compelled to share this with you. The changes in my own life that I have experienced are:

- Increased, unshakable confidence
- Caring a lot less about what “everyone thinks” or what I “should do”
- My self love and self care have gone through the roof
- I lean into my body for its wisdom on how to care for myself naturally, my peri/menopause is in control
- I feel lighter, I enjoy my life more and my priorities are more focused on what brings me joy
- I’ve learned to have a lot more fun
- Difficult people & situations are less and easier to deal with
- I know how to “unfreeze” myself when I’m taking on something new that requires being brave



# MY STORY



You can too x

Together, I'll support you in slowing down.  
To notice when things in your life feel  
uncomfortable. And to lean into something  
better and more useful

You'll feel better and enjoy life more



## *Meet Your Mentor and Guide*

Hi, I'm Michelle Wolter. I'm a certified Transformational Life Coach, Menstruality Mentor, Peri/Meonpause Coach and lover of all things feminine. I love helping women learn to love their incredible selves and to create an unshakable belief in their own intuition and life's purpose. I feel incredibly honored to hold space for the women who have come into my life.

I also have over 20 years experience in the performing and healing arts and am a mother of a 8 year old, energy filled boy. I spent most of my "adult life" in NYC and currently live in Berlin, Germany with my son and Hubs.

*\*\* Having trouble finding me online? I'm not there! I have deliberately chosen to be a unicorn in this age of high technology/media and build my coaching practice in ways that feel more authentic: through deep connection and word of mouth (this is also one of my personal acts of self care) 😊*



## WANT TO CONNECT?

Have more questions?  
Need more clarity?

Let's talk!

[EMAIL](#)



# Testimonials from Previous Course Participants

4



I came to the course a skeptic and left a believer! There is something special in Michelle's guidance that clicked for me, after years of doing wellness retreats which always helped but never moved the needle. In just a couple of months, my entire mindset around aging and menopause has changed, and my outlook on life has vastly improved. I feel ready now to move into the best half of my life!

– Anne Sanger, Owner + Artist, Pink Water Gallery (USA)

I've been experiencing severe peri-menopause symptoms. The most prominent were suicidal thoughts, intensive emotional rollercoaster rides and physical depletion to the point of not being able to get up.

Throughout this journey with Michelle, I have a newfound sense of self-acceptance, self-love and most important – sanity. I used to feel alone during my journey. Michelle guided me through a process that helped me to understand and accept what was happening in my body, and then to start loving the process instead of resisting it.

I no longer feel alone. My suicidal thinking patterns have cleared. My sense of what it means to be a woman has multiplied and I feel safe.

Her tools are incredibly practical, easily implemented and supportive.

I would recommend this course to anyone – even if you're not struggling with menopause.

– Leani Van Zyl, Transformational Coach (South Africa)



# WHAT OTHERS SAY