

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
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 Well-being*

BRAIN FOG | BURN OUT | MENOPAUSE RELIEF

Dr. Michelle Cromwell

WOMEN'S WELL-BEING STRATEGIST



CONNECT WITH ME

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My Strategy

NATURAL SOLUTIONS ONLY

Traditional leadership approaches often focus solely on skills and performance, overlooking the essential connection between well-being and women's health. 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**. Many women step into leadership and executive roles during their menopause years. My mission is to help them navigate this transition with **grace, discretion, and renewed vitality**, transforming menopause from a hidden struggle into a source of **strength and sustainable leadership**.



Results You Can Expect

MORE HEALTHY, POWERFUL DAYS

Not just symptom management, but the gift of more days where you feel strong, focused, and fully yourself. Imagine trading cycles of exhaustion for cycles of energy, clarity, and calm.

LEADERSHIP WITH EASE, NOT STRAIN

Executive roles stop feeling like a constant uphill battle against your body. Instead, you step into meetings and negotiations with steadiness, sharpness, and quiet confidence.

MENOPAUSE AS A CATALYST, NOT A CRISIS

The transition becomes a springboard for personal and professional reinvention. Women emerge not diminished by menopause, but renewed—with energy, vision, and presence.

GRACEFUL RESILIENCE

A discreet and dignified way of navigating changes, where you care for yourself with compassion, knowing your health supports your leadership instead of competing with it.

A LEGACY OF BALANCE

At work, you model what it looks like to lead without burnout—showing colleagues and organizations that well-being is a leadership strategy. At home, you reclaim time, patience, and joy.



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Burnout doesn't get the last word—YOU DO. And your comeback will be nothing short of BADASS.