

# MEDIA KIT



# MICHELLE PLEDGER

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## ABOUT ME

Helping high-achieving overthinkers, the overwhelmed and those burdened by oppression live a life of authenticity, freedom, and joy on purpose.

# Michelle Pledger

Is your audience struggling with overthinking, overdoing, and over-feeling? Or are they simply over oppressive ways of being and living?

Dr. Michelle Sadrena Pledger is a dynamic, energetic, and vulnerable keynote speaker, author, and coach who specializes in helping people live a life of authenticity, freedom, and joy on purpose. She excites and ignites audiences to say “goodbye” to internalized oppression, imposter syndrome, hustling for worth, and settling for mediocrity and “hello” to leading with love and living in liberation.

She has been featured at conferences both nationally and internationally; published on numerous platforms; recognized as a Yale University Bouchet Graduate Honor Society member, a David L. Clark Scholar, a Billions Institute Fellow, a Chrispeels Doctoral Fellow, and a Shoephlin Fellow; and the recipient of the National Society of High School Scholars Higher Education Award, the Inter-American Development Award, and the Outstanding Alumnus Award. Michelle has graced the stages of Stephen Spielberg’s Ambassador for Humanity Gala, TEDx Hollywood, NBC News, and more!

Michelle reaches more than 10,000 people every month through her book, *LIBERATE! Pocket-Sized Paradigms for Liberatory Learning*; the *Unapologetic & Uninterrupted* podcast; websites; social media; and speaking engagements. When Michelle is not leading FOR liberation, she is living IN liberation! You can find her traveling, salsa dancing, singing karaoke, loving Beyoncé, or using her Regal Unlimited Pass to surround her soul in cinematic magic.

# Speaker Topics

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## 1 **By Choice—Not Chance:**

### **The Best Way to Live for Liberation**

Research shows intentional decision-making leads to greater happiness and personal freedom than simply reacting to life's circumstances.

In this empowering keynote, audiences will learn how to cultivate a mindset of conscious choice, the importance of aligning decisions with core values, and practical strategies to move from autopilot to intentional, liberated living.

This galvanizing talk will mobilize audiences to take control of their lives, unlock their potential, and experience true liberation by unapologetically and purposefully living on their own terms.

## 2 **Teaching for Transformation:**

### **6 Powerful Paradigms to Liberate Your Educational Practice**

Did you know that traditional educational models often reinforce cognitive biases, limiting both teachers' and students' potential for growth?

In this keynote, educators will learn six powerful paradigms that will help them break free from restrictive teaching habits, create more inclusive and dynamic classroom spaces, and design curricula that support critical thinking and the cultivation of creative genius.

This transformative framework will inspire educators to rethink their approach, foster a liberatory learning environment, and incorporate practical tools that revolutionize their teaching practice for deeper impact, ultimately empowering students to live out their unlimited potential.

## 3 **Have Your Patterns Become Your Prisons?**

### **How to Break the Cycle and Manifest the Love and Lifestyle You Deserve**

Did you know that most people repeat 90% of their thoughts daily and 80% of those thoughts are negative, keeping them stuck in the same patterns that limit their growth and fulfillment?

In this keynote, audiences will learn how unconscious habits shape their relationships and daily lives and how to recognize and break free from destructive cycles (especially doubts about worthiness and belonging), as well as practical techniques for manifesting healthier patterns of love and success and the ability to self-source validation.

This experiential keynote will mobilize audiences to reframe their mindset, take empowered action toward their goals, and create the lifestyle they truly desire—one free from limiting beliefs and behaviors.

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Dr. Michelle Sadrena Pledger is the founder and director of liberation at Living for Liberation. A dynamic professional speaker, author, and coach—she is available for keynote presentations, panels, workshops, media interviews, and spokesperson opportunities. Michelle’s unique blend of humanity, humor, and hard-earned wisdom inspires and energizes audiences across the globe. Download her media kit, schedule an interview, or book her for your next event today!

## NOTABLE PRESS

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