

Michelle Poler



HELLO FEARS

After almost a decade of delivering my keynote presentation, **I've noticed that people don't see me on stage... they see themselves.** Not their current selves, but their most accomplished selves, their bravest selves, their future selves. Crazy, right?

I show them what could happen if only they had the courage to say Hello! to their fears, to embrace change, to say YES to new opportunities, to trust their bold ideas, to ask for what they want/need/deserve, to take risks aligned to their values and give themselves (their REAL selves) a chance.

In 2015 I chose to change my life by facing 100 fears. I decided to go from "autopilot-mode" to living fully, from checking "society's boxes" to checking my OWN, and from running away from fear, to SEEING the opportunities behind it. What I didn't know was that changing my life could also impact millions along the way.

Sharing my success story in a vulnerable, authentic and genuine way inspires people in the audience to give courage a chance by reframing the question "what's the WORST that could happen?" into "**what's the BEST that can happen?**"

Official Bio

Michelle Poler is a Latina entrepreneur, brand strategist, author, and professional keynote speaker.

She is the creator of the project 100 Days Without Fear, and founder of Hello Fears, a movement that has reached over 70 million people worldwide.

Today, her work as an author, digital educator, and social influencer continues to amplify her impact helping audiences turn fears into opportunities, comfort into growth, and ultimately go from being one more to becoming one of a kind.

Michelle's best-selling books have been translated into 7 languages, and distributed in 4 continents:

- 1) Hello, Fears: Crush Your Comfort Zone and Become Who You're Meant to Be
- 2) The Hello, Fears Challenge: A 100-Day Journal for Self-Discovery.

She has been invited to speak at The Global Leadership Summit, Google, P&G, ESPN, TEDx, Netflix, Microsoft, Meta among many others, and her work has been featured in: The TODAY Show, Forbes, CBS, CNN, BuzzFeed, Mashable, Huffington Post just to name a few.

Michelle holds a master's degree in Branding from the School of Visual Arts in New York City, and early in her career, she worked as an Art Director for brands like Hershey's, Wendy's, AT&T, and Revlon.

When Michelle is not flying, speaking, or indulging in culinary experiences around the world, you'll find her drinking matcha at home in Miami, and living fully with her husband, Adam, and their son, Noah.



hello



Why Michelle Poler?

ENGAGING, EMPOWERING, AND CREATES GENUINE CONNECTION

"Our event was a huge success because of Michelle's talk. Her session scored a 4.9 (out of 5) and was raved about in feedback! Michelle made her story of conquering fears relevant to our daily lives; the audience left feeling empowered to face their own fears. Her energy and enthusiasm are undeniable. We look forward to having Michelle join us at many more events" – **Google**

INCREDIBLE TO WORK WITH

"THANK YOU!!! You were an absolute joy to have at our event (GTO Symposium) and we are so grateful for your time and energy. The team is all buzzing about your talk and we've heard from SO many people that you were the highlight of their day. Thank you for being so incredible to work with." – **LinkedIn**

AUTHENTIC, ENERGIZING, AND DELIVERS ACTIONABLE KEYNOTES

"Michelle is an outstanding speaker. I'm extremely grateful we decided to bring her to our annual event. The audience loved her energy and authenticity. Her session scored a 4.8 (out of 5)! They could easily relate to her message in many levels and implement her advice and tools into their day to day. I would love to bring her to more of our events." – **P&G**