



**Dr. Michelle Robin**<sup>SM</sup>  
**Electronic Press Kit**

Wellness Expert. Chiropractor. Holistic Healer. Entrepreneur. Inspiring Speaker & Author.

# TABLE OF CONTENTS

This document is interactive. Click on a content title below to jump to that section.

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<a href="#">Biography</a> .....	1
<a href="#">Speaking Topics</a> .....	2
<a href="#">Praise</a> .....	4
<a href="#">Appearances</a> .....	6
<a href="#">Media</a> .....	7
<a href="#">Podcast &amp; Publications</a> .....	9
<a href="#">Booking</a> .....	11

# BIOGRAPHY

**Dr. Michelle Robin**, who has been around wellness for three decades, is an international speaker, best-selling author, radio show host, and practicing chiropractor. She is the founder of Your Wellness Connection, P.A., one of the nation's most successful integrative healing centers focusing on disciplines such as chiropractic, Chinese medicine, massage therapy, energy medicine, counseling, nutritional and wellness coaching, and movement arts. She is the author of *The E Factor: Engage, Energize, Enrich – 3 Steps to Vibrant Health*, *Wellness on a Shoestring: Seven Habits for a Healthy Life*, as well as its companion curriculum, *The Wellness on a Shoestring Program*, *Small Changes Big Shifts: Putting the Odds in Your Favor*, and co-author of *Succeeding In Spite of Everything*.

Dr. Robin also consults with businesses and non-profit organizations developing wellness programs. She has spoken on improving individual well-being as well as creating a culture of wellness, to a wide variety of groups and organizations such as: YMCA of Greater Kansas City, Young Presidents Organization (YPO), AMC Theaters, Working Mother Magazine's Work Life Congress, Speaking of Women's Health Conference, UMB Bank, Harley Davidson, Vistage, Helzberg Entrepreneurial Mentoring Program, University of Kansas, University of Missouri-Kansas City, Unity Church (throughout the U.S.), Go Red for Women, and many others.

Dr. Robin holds a Bachelor of Business Administration degree from Washburn University and a Doctor of Chiropractic degree from Cleveland Chiropractic College. She has received post-graduate education from a number of institutions, including Parker College of Chiropractic, Logan College of Chiropractic, Cleveland Chiropractic College and Northwestern Health Sciences University.

The Masters Circle nationally recognized Dr. Robin as 2007 Chiropractor of the Year. Other awards include designation as one of the Kansas City Business Journal's "Women Who Mean Business" (2003); designation by the Kansas City Small Business Monthly as one of the "Top 25 under 25 Small Business" (2002); and the House of Menuha Community Service Award (2005). Most recently Dr. Robin received the Speaking of Women's Health "Glow" award (2010) and the eWomenNetwork Femtor "Made it to a Million" Award (2011). She is a regular contributing writer to various publications.

As an active member of the community, Dr. Robin has held a variety of non-profit board positions including: YMCA, Helzberg Entrepreneurial Mentoring Program, KC Free Health Clinic, SAFEHOME, Menorah Legacy Foundation, Turning Point, as well as served on committees for WIN For KC, Speaking of Women's Health, and Go Red for Women.

Dr. Michelle Robin's practice, Your Wellness Connection is WBE certified in the state of Missouri.

# SPEAKING TOPICS

Dr. Michelle Robin is a passionate and engaging international speaker. Dr. Robin has a clear, and simple message that connects audiences to their well-being and takes the complexity out of all the noise of the health and wellness industry. Audiences leave empowered to make small changes that will create big shifts in their well-being.

Whether you're looking for a conference keynote, panelist, or workshop leader, Dr. Robin's expertise, engaging style and practical approach will teach and inspire audience members. Dr. Robin's approach is one of blending Eastern and Western medicine and common sense, backed up by science and presented with kindness to move everyone forward on their wellness journey. Below are Dr. Robin's most popular speaking topics. Custom content for your audience can be created upon request.

## Keynote Presentations

### Small Changes Big Shifts

Today's society bombards us with information to change our health. We have a tendency to create complex plans and try to change too many things at once. That's difficult to do, and so often we fail. Change doesn't have to be radical to be meaningful. In fact the smallest, and even simplest changes can create the biggest shifts in your well-being. In this talk Dr. Robin presents the idea of The Quadrants of Wellbeing, how they're interconnected, and how small changes can impact your health and wellness in amazing ways. You can start feeling better one small change at a time.

#### In this talk you'll learn:

- The Quadrants of Wellbeing: mechanical, chemical, psychospiritual, energetic.
- Understand some of the most common and helpful changes you can make, and how they will improve your well-being.
- How to listen to your body to know what small changes may make the biggest shifts.

### Put the Odds in Your Favor: Six valuable lessons so that you can put the odds in your favor for a long, healthy life, starting now

In the summer of 2015, Dr. Robin was hit by a car while on my bike. She had devastating injuries. Like most anyone, her initial thoughts came from a place of fear: will I be able to walk normally, will I be able to continue practicing chiropractic, will this trigger my family's obesity gene, how will this impact my business, why did this happen to me? She was able to hold that fear mindset at bay and approach her healing from a place of love. It gave her an opportunity to slow down. It also gave her a chance to experience all the alternative medicine modalities that she

recommends to others - walk the talk so to speak, while on her healing journey. She realized that she had put the odds in her favor for recovery from a traumatic accident in two ways: 1) she lived a healthy lifestyle before the accident, 2) she took a holistic approach to her treatment and healing. Critical to her healthy lifestyle and healing journey was having an amazing tribe of friends, family and practitioners.

### **In this talk, you'll learn:**

Dr. Robin shares six valuable lessons from her experience, and guides you to how you can put the odds in your favor for a long, healthy life, starting now.

## **Creating a Wellness Culture**

As a society we are statistically very unhealthy, unhappy, addicted, overweight and stressed. According to the Center for Disease Control and Prevention, researchers report an estimated 1 in 10 U.S. adults report depression. Our work and home lives often filter and blend into one another, both the good and the bad. While mind-body-spirit well-being must center in the individual, it can be championed and supported in the work environment. Culture change starts with leadership.

### **In this talk, you'll learn:**

- The keys to defining and leading a wellness culture.
- Simple, actionable steps you can take to improve the wellness of your employees.
- Critical elements to get employees to embrace the changes and integrate them into their whole lives.

## **Workshop**

### **Tune into Your Well-being**

Our bodies are brilliant. They are able to adapt to our modern life, handle most short-term stress, and change as we age. Our bodies also talk to us when things aren't right. We're accustomed to only paying attention when we feel pain or are miserably sick. There is a lot of room on the spectrum of well-being between optimal wellness and disease. In this workshop you'll take the Body Talk Metabolic Assessment to notice what your body's been trying to tell you in the areas of digestion, blood sugar, nervous system, and hormones (all and male/female specific). Then you'll learn how to start listening to your body and the course corrections you can make to live well today. (Optional blood work and expanded presentation.)

### **In this presentation/workshop you'll learn:**

- What your body is trying to tell you about the areas of digestion, blood sugar, nervous system and hormones by taking the Body Talk Metabolic Assessment.
- Understand what the signals from your body mean as Dr. Robin explains each section of the Body Talk form.
- Specific actions you can take, and new habits you can create to improve your health and well-being in any or all areas of life, particularly those included in the Body Talk assessment.

# PRAISE

"Over the past two years, Michelle Robin has worked with both the Calgary and Denver Women Presidents Organization Chapters, as well as many of my clients. She has been instrumental in helping them to significantly enhance their health and lives. She is an outstanding speaker of influence, the most informed and gifted wellness expert I have ever had the opportunity to work with."

## Elizabeth Lake Ledoux

*CEO*

Nacelle Consulting

"I've heard Dr. Robin speak in a couple different settings. She teaches a lot of great information and in a way that makes it easy to understand and really sink in. But what makes her different from other health and wellness speakers is her message of making small changes. Everything about her approach makes getting healthier seem actually possible. She talks about making minor adjustments a little at a time, not massive lifestyle changes all at once, and then she shows you how so that it isn't overwhelming. She talks about not just setting goals, but finding a team to help you meet your goals, so that you know you're not alone. Dr. Robin is also real and relatable; she really connects with the audience."

## Gregg Roberts

*Vice President of Human Resources*

Hillyard, Inc.

"The E Factor Mini-retreat was a game changer for my executive team and our organization as a whole. Dr. Robin's approach engaged our hearts, minds and bodies and reconnected our staff to our personal and professional mission of healthy living. Many of our executive team were compelled to take immediate action in their own lives and have since shared testimonials of significant changes in their well-being. The E Factor has given us simple, holistic tools to expand our mission of healthy living, at home and throughout the organization, benefiting us as individuals, as a team, and our customers."

## David Byrd

*President and CEO*

YMCA of Greater Kansas City

"When we approached Dr. Robin about speaking at our inaugural Worksite Wellness Symposium she accepted the invitations with the enthusiasm and commitment that was vital to the success of the first-time event. Throughout the planning process she went above and beyond her role as a speaker through her insight and recommendations for the direction of the program. We couldn't have been more pleased with her presentation, and the overwhelming response we got from our event attendees further validated our decision to include her in our event."

## Angie Galindo

*Executive Director*

American Heart Association - Midwest

"Dr. Robin is a ray of light in the wellness industry and we are so thankful for her gift that she shares with our world! Since bringing her on board to coach and educate our members regarding healthy living, NACWAA's programming has reached a new level. Her passion, energy, spirit and vitality show up in all that she does. She is fit to lead and so are we! Much gratitude to you for your work!"

## **Gina Krahulik**

*Director of Leadership and Education*

National Association of Collegiate Women  
Athletics Administrators

Dr. Michelle Robin is truly a voice for wellness. I had the opportunity to introduce Dr. Robin to my team during a period of rapid change for our organization. We all know that change can initiate high stress. Dr. Robin was able to remind my team to "listen" to their bodies; to "rest" their minds; and to "nurture" their spirits by providing practical and applicable practices each day. In doing so, there has been a positive "shift" in the workplace. Her theme of "small shifts; big change" truly resonates. Our associates are our greatest asset as well as our competitive edge and with Dr. Robin's guidance and support, our team is "healthier" than ever.

## **Dana Abraham**

*President*

Private Wealth Management

"As a small business it's been a challenge to establish a wellness program without corporate resources. Our team travels extensively. We wanted to create a culture of wellness and give our team the knowledge and tools for health and well-being at home, in the office and on the road. Dr. Robin provided a comprehensive program customized for us and it is exceeding our expectations. She and her team partnered with us to identify our goals and define a plan of action. Best of all, Dr. Robin kicked off our program as the keynote speaker at our staff retreat. She received outstanding ratings and feedback from our associates, leaving people motivated and anxiously awaiting next steps, and eager to join our new official wellness committee."

## **Dan Nilsen**

*CEO*

Bishop McCann

# RECENT APPEARANCES

**2016** - UMB Bank (St. Louis, MO / Kansas City, MO / Denver, CO) - Workshop

**2016** - Harley Davidson (Kansas City, MO) - Executive Workshop Series

**2016** - National Association of Collegiate Women's Athletics Administrators  
(Kansas City, MO / Washington, DC / Denver, CO) - Workshop

**2016** - Johnson County Community College - Overland Park, KS | Presentation

**2015 / 2016** - Mariner Holdings (Kansas City, MO) - Workshop & Biometric Screening

**2015 / 2016** - Global Prairie (Kansas City, MO) - Quarterly Workshops

**2015 / 2016** - Vistage (several locations in CA, Seattle, WA, Ohio, Canada) - Workshops

**2016** - American Heart Association Go Red Event (Kansas City, MO) - Keynote

**2016** - American Heart Association Midwest (Kansas City, MO) - Presentation

**2016** - YMCA Annual Meeting (Kansas City, MO) - Presentation

**2015** - SITE Classic Conference (Playa del Carmen, Mexico) - Keynote

# MEDIA



## Television

- [Better Kansas City - KCTV5](#)  
Dr. Robin frequently appears on Better KC. Tune into your wellbeing!
- [Fox 4 KC – “Regain energy with these simple solutions!”](#)  
Dr. Robin explains how you can have ‘vibrant health’. Most people that come to her office say they are suffering from a lack of energy. To help them, she starts with the basics: water, sleep and diet.
- [Fox 4 KC – “Tips on eating clean and sticking to it!”](#)  
Dr. Michelle Robin and Shelly Murray, Holistic Nutritionist, stopped by the FOX 4 morning show to give tips on trying a Sugar Detox.
- [Fox 4 KC – “The evils of sugar!”](#)  
Dr. Robin encourages people to check for hidden sugars in processed foods. Look for key words like, high fructose corn syrup, and cane sugar. if it’s one of the first 3 ingredients, don’t eat it!
- [Fox 4 KC – “5 Lessons We Can Learn From Our Pets”](#)  
Most people consider their pets family members, but Chief wellness officer Dr. Michelle Robin says pets are more than that and can even teach lessons. Dr. Robin and her dog Sunni shared how pets can teach humans to live better. Dr. Robin is working on a new minibook about pet wellness.

## Radio & Podcasts

- [Live Happy](#)
- [Tony Wrighton - Podcast Zestology](#)
- [Dr. Stephanie Maj - Women Seeking Wellness](#)
- [Fireside Network with Matthew Biven](#)
- [Brave Endurance Wellness Podcast with Dr. James Kelley](#)

# Articles

In addition to posting regularly [on her blog](#), Dr. Robin writes for other publications.

## This is KC Magazine

["Three Spaces to Spring Clean for Wellness"](#)

["Creating Bedtime and Morning Rituals"](#)

["Mindfulness: Gimmick or Life-Changer?"](#)

["Easy Ways to Eat Healthier"](#)

["Natural Ways to Fight Cold and Flu Season"](#)

["The Power of Connection"](#)

["Why You Should Let Go Of Extremes"](#)

["3 Ways to Choose Friends Wisely"](#)

["Tips For Traveling Well"](#)

## Thinking Bigger Business

["Setting Your Own Goal Lines"](#)

["Reducing Stress in Your Workplace"](#)

## Other Publications

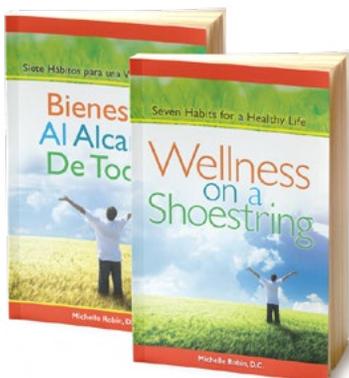
["Abundance"](#) | Evolving Magazine

# PODCAST & PUBLICATIONS



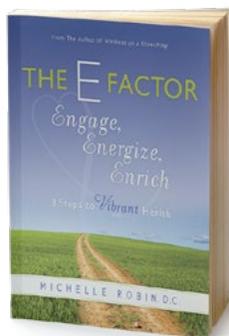
## Small Changes Big Shifts Podcast

On her podcast, *Small Changes Big Shifts*, Dr. Michelle Robin will help you achieve the health and happiness you want and deserve. Each week you will hear about the world of health and wellness from guest experts and real people like you who are working to better their mind, body and spirit. This podcast will provide valuable inspiration and information to help you start and stick to your wellness plan. The podcast achieved iTunes' "New and Noteworthy" distinction within two weeks of launch. Available on iTunes, and Google Play. [You can find it here.](#)



## Wellness on a Shoestring: Seven Habits for a Healthy Life

Take the complexity out of being healthy by learning the why and how of seven simple, cost effective, healthy habits that will fundamentally improve your mind-body-spirit wellbeing. *Wellness on a Shoestring* shares simple actions in seven categories that will fundamentally improve your well-being, with little or no financial cost. As you read you will explore the mind-body-spirit impacts of the seven habits learning not just the what but also the why and how to incorporate the new habits into your life. Also available in Spanish.



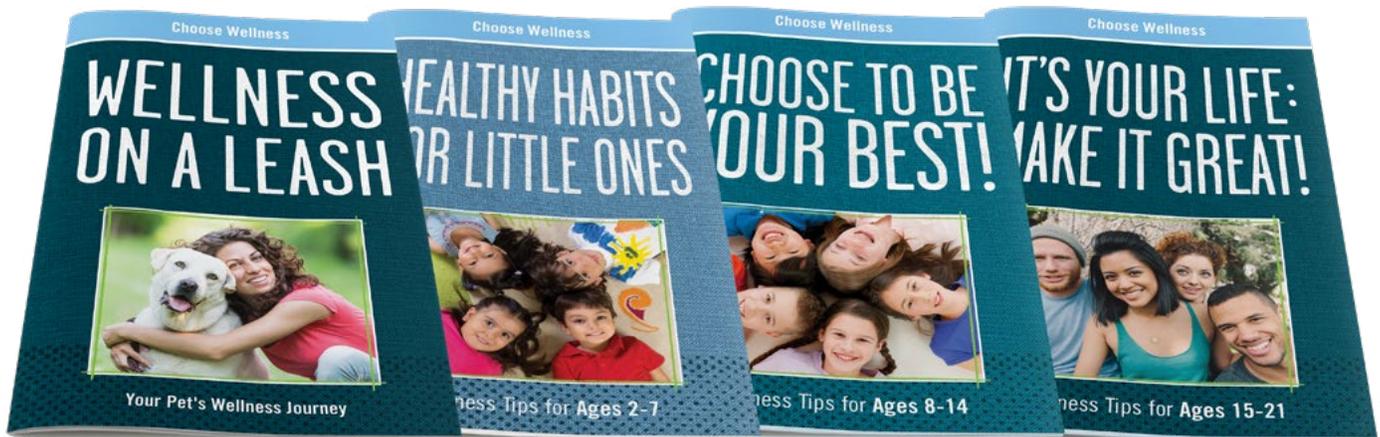
## The E Factor: Engage, Energize, Enrich - Three Steps to Vibrant Health

You already know the basics of good health. So why do you still struggle to reach your wellness goals, feel energized and have a balanced life? Dr. Robin's book, *The E Factor*, addresses the three factors that will move you forward to optimal well-being. Each chapter ends with exercises to personally explore the concepts shared and how to incorporate them into your life and healthy practices.



## Small Changes Big Shifts: Putting the Odds in Your Favor

True wellness is a blending of mind-body-spirit, a journey that creates a holistic state of being that is uniquely you. Put yourself first and take ownership of your health. This book gives you simple tips to improve your wellbeing and create a healthy lifestyle. Listen to your body and apply a harmonious plan to achieve whole health and your optimum potential using the Quadrants of Wellbeing as your guide.



## Choose Wellness Kids Mini-book Series

These delightful mini-books contain simple and fun tips for children and their parents. Kids and young adults will get an introduction to the 4 quadrants of well-being and learn easy, new habits to encourage a lifetime of wellness. There are three books in the series for ages 2-7, 8-14, and 15-21. Also available in Spanish.

## Wellness On A Leash

A pet is part of the family. A loyal friend and companion. And like people, pets have specific needs and desires. Health, cleanliness, wellness – a wish for a long and happy life. To help you and your pet live a long and happy life, I created *Wellness on a Leash*.

# BOOKING

## Speaking Reel

View Dr. Michelle Robin's Reel Below



**CLICK HERE TO VIEW**  
MICHELLE ROBIN'S SPEAKING REEL

## Book Dr. Michelle Robin

Email: [mrobin@drmichellerobin.com](mailto:mrobin@drmichellerobin.com)

Phone: 913.269.5165

*Please indicate the nature of the interview or speaking event in the subject of your email.*

**CLICK HERE TO VIEW**  
THE QUADRANTS OF WELLBEING MICROSITE

Dr. Robin is an evangelizer of Quadrants of Wellbeing, which connect you to a simple framework of daily practices that put the odds in your favor to achieving whole health and your optimum potential.

Download your FREE Copy of *Small Changes Big Shifts* - Put The Odds In Your Favor.



Quadrants<sup>SM</sup>  
OF WELLBEING

