



DAY ONE - Monday, June 27, 2022 - 10:00 AM

Resilience: Discovering Your Best Self Through Life's Worst

Session Description:

Thriving personally and professionally after a life-changing trauma is not easy, but it is possible. Through Michelle's story of abduction, assault, and the healing journey that followed, she reveals how the worst experience of her life eventually brought a series of gifts that led her to discover her best self.

Her first-hand experience offers audiences insight into the art of resiliency, the role of gratitude, and the connection that is possible when we allow even the most painful stories to evolve into something bigger than ourselves. Michelle offers practical, real-life experience for anyone who seeks to live a meaningful, purposeful life in a world that may at times seem unkind.

After this session, participants will have a greater understanding of:

- How to thrive – personally and professionally -- after difficulty and tragedy
- How to walk with others through their darkest days
- How to enjoy each day to the fullest without denying the reality of pain
- How to connect with ourselves and others in ways that foster trust, gratitude, and empathy

Bio:



Michelle Corrao is a keynote speaker and compassionate advocate for victims of violent crimes. For eighteen years she served at Prevail, a victim awareness and support program, where she led the charge to create Central Indiana's first Sexual Assault Response Team (SART), focused on victim-centered, trauma-informed care.

She is the recipient of the Special Courage Award, presented by the U.S. Attorney General (2010), and became the first-ever recipient of the Distinguished Hoosier Award presented by the Indiana Attorney General.

Through Michelle's current role as Executive Director at The O'Connor House in Carmel, Indiana, she leads programs that provide women who are single, pregnant and homeless with safe housing and opportunities to improve life for themselves and their children.

Michelle speaks to audiences of influencers, first responders, medical professionals, military and law enforcement personnel, faith communities and a broad scope of events aimed at creating stronger, safer communities