

Media Kit

For Michelle L. Casto, Ph.D.

Michelle L. Casto is a self-empowerment expert in the life dimensions of love, labor, leisure, and learning. Dr. Michelle is known as the Soul Diva Coach and one of the top life coaches in the United States. She is the founder and principal of **Everyday Enlightenment**, a professional training, coaching, and publishing company.



Media Photograph

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WebSites

Soul-Centered Coaching to Help You Shine More Brightly
<http://www.brightlightcoach.com>

Personal Growth Products For Spiritually Smart People
<http://www.getsmartseries.com>

Download a Free Report:
You Can Transform Your Life Now!
<http://www.smartlifechanges.com>

Career Change Academy
<http://www.smartcareerchanges.com>

YouTube Channel
<http://www.youtube.com/brightmichelle>

Biography & Publications

Michelle L. Casto, Ph.D is a Life Coach, inspirational teacher, self-help author, modern-day philosopher and Founder of Everyday Enlightenment. She is known as the Soul Coach because she delves deep into her client's psyche to shed light on what is longing to be seen and expressed.

Her work as an entrepreneur has resulted in international recognition as an expert in the field of self-help and spiritual development. One of her purposes in life is to empower millions of people from all over the world to attract more success and happiness by learning to graduate from their default life to their divine life.

Dr. Michelle is a highly sought after speaker and media expert. She speaks to people around the world on subjects ranging from interpersonal relationships, career advancement, life purpose, stress management, success strategies, practical spirituality, and creative life design.

She is the author of the renown Get Smart! book series, dozens of e-books on life empowerment, and hundreds of articles have been broadly published throughout the internet. She has been featured in publications such as Cosmopolitan, Atlanta Journal Constitution, The Caller Times, and numerous television and radio shows.

She makes time in her busy schedule to work with a small and exclusive personal coaching clientele. She also teaches four innovative adult education curriculums: The Divine Life Academy, The Career Change Academy, The Life Change Academy, and for transformational business owners, Soul Success Inner Circle.

Dr. Michelle has a passion for self-improvement, although she is a firm believer that we must cross the bridge between knowing and doing! That is why her writing, teaching, and coaching style is experiential in nature. She is committed to doing her homework and learning all she can about human potential so she can expand her consciousness and light the path for those she walks with on her journey.

Certifications/Education

Michelle holds a Ph.D. in Coaching, a Master of Education degree from the University of South Carolina, a Bachelor of Science degree in Interpersonal Communication from Ohio University, and is a nationally Certified Global Career Development Facilitator Instructor and Customer Service Trainer. She is certified to administer and interpret the Myers Brigg Type Indicator. She received professional training from the Coaches Training Institute of San Rafael, California and Coachville.com, an international coach training organization.

Interview Topics

Romantic Relationships

Love Smart: Making Smart Dating and Mating Decisions

Heart Smart: How to Have More Loving and Authentic Relationships

Relationships as Spiritual Assignments

Career Development

Discovering Your Soul's Purpose

The Spiritual Entrepreneur: How to Build and Brand Your Business With Ease

The Presence Process: 7 Steps to a Spiritually Smart Career Change

Stress Management

Uncover Your Diamond: From Stress to Shine

11 Ways to Bring More Balance To Your Life

Stress-Less and Be More of Who You Were Born to Be

Success Strategies

How to Live By Vision, Work With Purpose, and Achieve More Success

The Action in Attraction : 11 Things You Can Do to Have What You Really, Really, Really Want

Brain Smart: The Astonishing Power of the Human Mind

Spiritual Ascension

Living Your Divine Life:

Part I: How to Stop Stumbling and Struggling Your Way Through Life

Part II: How to Start Dancing Through Life's Changes, Challenges, and Decisions

Become a Divine Human: Activate the Light That You Are and Shine

Self -Transformation

How to Make Smart Life Changes and Let Your Soul be Your Guide

What to Do After the SPLAT! Keys to Inner Transformation When Life Roughs You Up

Graduating From Your Default Life to Your Divine Life

Soul Mastery

Soulful Living in the Modern World

The 4 Pillars of Soul Care

The Soul's Quest for Success & Happiness

Soul-Centered Communication

Best Communication Profiles

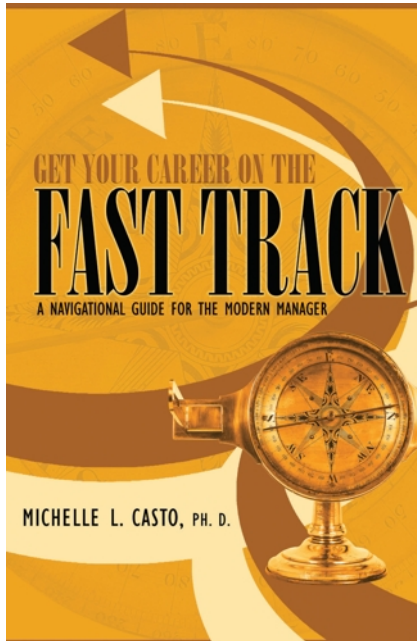
Coaching as Sacred Relationship

The Difference That Soul Coaching Makes

Dr. Michelle L. Casto's Books & Ebooks

1. Get Smart! About Modern Romantic Relationships:
Your Personal Guide to Right and Real Love
2. And accompanying Get Smart! Journal
3. Success and Happiness Book: 16 Experts Reveal Their Secrets
4. Get Smart! About Modern Stress Management:
Your Personal Guide to Living a Balanced Life
5. Get Smart! About Modern Career Development:
A Personal Guide to Creating Your Life's Work-recently re-released and updated as
Get Your Career on the Fast Track

****Just re-released at Get Your Career on the Fast Track



Master Your Life Ebooks

6. 141 Ways to Alleviate Stress
7. Attracting Your Life Mate: How to Become and Attract the Person You Seek
8. Discovering Your Life Purpose: How to Consciously Choose Who You Are and What You Do
9. Life Strategy 101: How to Live by Vision, Work With Purpose, and Achieve More Success

Become a Divine Human Ebooks

10. Life Transformation: How to Make Smart Life Changes and Let Your Soul Be Your Guide
11. Living a Balanced Life: How to Eliminate Stress, Enhance Your Energy, and Enjoy Life
12. Writing With the Divine: How to Have Your Own Conversations With God
13. Manifesting 101: Making Room for Miracles

Workbooks

14.The Self-Coaching Guide: Experiential Techniques for Spiritual Transformation

15.Self-Marketing 101: How to Effectively Market Yourself With Your Resume, Cover Letter, and Interviewing

16.141 Curious Questions

17.The Science of Success: A Research White Paper on Coaching and Cognition

***Forthcoming books:

The Trinity of Transformation: How to Make Smart Life Changes and Let Your Soul Be Your Guide

Books about Recreating Your Reality and Achieving Soul Success

Dr. Michelle L. Casto's Quotes

On Self-Knowledge

The only person who is spiritually smart is the one who has learned how to learn, unlearn, and change directions instantly, and start all over again, if your soul calls for it.

Accurate self-knowledge is the key to unlocking your divine potential.

Soul growth occurs outside the city of your comfort.

To attain knowledge, study.

To attain wisdom, observe.

To attain divine wisdom, remember.

Self-awareness is the light that brightens the darkness and makes dancing with the divine effortless.

Mine the diamonds in your mind.

Between knowing and doing there is a great gap. Those who are willing to cross that gap find their greatness.

Your major goal in life should be to seek a self-education about what really matters---love, labor, leisure, and learning and then develop yourself so you become the person God/Goddess created you to be.

There is nothing wrong with you. In fact, everything is very right with you. You just forgot. When something does not work out, it wasn't meant for you. It's as simple as that.

Your inner intelligence is wiser than social intelligence.

On Spiritual Development

You were born for a reason, to find the keys to create freedom, to learn, to create, and to love.

Be that which you are and the angels will applaud.

One distinction between religion and spirituality is where God is. In religion, God is somewhere else, and Heaven is in the sky. In spirituality, where I am, God is, and Heaven is on earth.

Sometimes you must love the hell out of your own private hell in order to find your heaven.

The Holy Spirit has a highly individualized curriculum for each human being and every single moment is an opportunity to learn something new and wake up!

You are a spiritual being having a human experience—you have just forgotten and in the forgetting---you stumble, fall, make more mistakes, and experience more struggle and strain.

You are a powerful, unlimited and eternal soul who is here to enjoy the experience of creativity and contribute to humanity's evolution

Anyone sick and tired of stumbling in the dark has taken the first step towards dancing in the light.

Everyone has a destiny to fulfill. Not everyone is willing to become the human being it takes to achieve that destiny.

When you begin the process of self-transformation, you begin the process of getting naked---stripped down to what matters most to your soul.

You are the greatest miracle in the world and you have received the great gift of an incarnation. You can repay this gift by becoming all that you were born to be and using the changes, challenges, and choices in your life as opportunities to grow your soul.

Introduction & Interview Questions

Michelle L. Casto, Ph.D. is a Life Coach, inspirational teacher, author, modern philosopher and Founder of Everyday Enlightenment, a professional training, coaching, and publishing company. She is known as the Soul Coach because she delves deep into her client's psyche to shed light on what is longing to be seen and expressed. She has also authored over sixteen books and ebooks on the topics of life transformation, including the renown Get Smart! series. **You can visit her online and gain access to free ecourses and inspirational articles at <http://www.brightlightcoach.com>**

<http://www.getsmartseries.com>

<http://www.smartlifechanges.com>

<http://www.smartcareerchanges.com>

Sample Questions

1. What do you mean by "get smart?"
2. How are your books and products different than all the other self-help books on the market?
3. How did you come to be known as the Soul Coach?
4. What have been some of your key life lessons?
5. Why does coaching make such a positive difference in people's lives?
6. Why is it important for people to find their purpose and/or shine their light in the world?
7. Why do you say happiness is a decision?
8. What blocks success and happiness?
9. What kinds of people benefit from your products and services?
10. Who have been your rays of light?
11. You have an innovative coaching programs called the Divine Life Academy/Career Change Academy/Life Change Academy, Soul Success Inner Circle. Tell me about that.
12. You are expert in helping people make life changes. What is the process that you teach?
13. What is the Presence Process in regards to career change?
14. What are the stages of romantic relationships and career development?
15. Who have been some of your inspirations?
16. What is significant about the SHIFT?
17. What is the first step towards working with you?
18. How is mental and emotional mastery a key to your inner kingdom?
19. You are a prolific creator...how many books have you written and where do you distribute some of your materials?
20. What projects are you currently working on?

SOUL COACHING tm

Dr. Michelle's Trinity (3) of Soul Coaching Services

Level One: Soul Awakening Coaching

Michelle teaches those who have just experienced a spiritual awakening, the importance of creating a BED (Beliefs, Emotions, & Decisions) that they are happy to lie in.

Level Two: Soul Purpose Coaching

Michelle takes those ready to step into their purpose through the A6 Soul Purpose process.

Level Three: Soul Mastery Coaching

Michelle leads those who are a higher level of mastery to deeper Self-Understanding, application of Soul's Purpose, and your Unique Philosophy of Life to co-create a unique curriculum for your personal enlightenment.

For more information:

<http://www.brightlightcoach.com/soul-coaching-programs.html>

Why Work with Michelle As Your Personal Coach?

<http://www.brightlightcoach.com/work-with-michelle.html>

Soul Success Inner Circle

A Virtual Business Building Mastermind Program

For more information:

<http://www.brightlightcoach.com/soul-success-circle.html>

Read Client Testimonials and Sign up for your complimentary 20 minute Divine Life Visioning Session with Michelle.

<http://www.brightlightcoach.com/coachable.html>

Michelle's Experiential and Unique Academies---Higher Education for Spiritually Smart People

<http://www.divinelifeacademy.com>

<http://www.smartcareerchanges.com>

Shop at the Success & Happiness E-Store

<http://www.brightlightcoach.com/everyday-enlightenment-store.html>