



Michelle Porchia is a leading authority in communication and conflict resolution and provides innovative solutions to life's challenges. Ms. Porchia is a dynamic, interactive, down-to-earth coach, trainer and speaker who taps into the inner strengths of each individual. At inner dimensions, we understand that people are continually under construction. We provide the practical tools necessary to take you from a blueprint for success to a foundation that will support the development of your personal and professional goals and objectives.

Michelle practices what she teaches. She is the founder of the annual Innergize Day, a day dedicated to taking time for YOU - starting with one day a year. She believes people, especially women need to break the paradigm of doing it all and taking care of others before meeting their own needs. She is the author of "Innergize Day: The Importance of Taking Time for Yourself" and co-author of "Getting Things Done: Successful Women Speak". Michelle has been conducting seminars and workshops and working with people both in the public and private sector for over 20 years. For 11 years she was the Corporate Training Manager at HBO. In addition to working in the corporate arena, she also works extensively with solo-preneurs, entrepreneurs, women and youth.

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