

MICHELE CAPOTS

Transformational Coach, International Speaker, Storyteller, and Mental Wellness Advocate



Michele Capots is a dynamic speaker on the power of mental wellness and resilience. Her captivating storytelling draws audiences in to share her compelling journey to recovery and lets them know that they are not alone.

Drawing from her own journey through mental health crises, including moments like hitchhiking in her pajamas disoriented on a busy interstate, Michele has dedicated herself to inspiring audiences worldwide. Her mental health essays have appeared nationally and she currently serves both as an Executive Committee Member of Global Mental Health Peer Network, as well as a board adviser for Twogere, a nonprofit focusing on youth mental health recovery in Uganda. Michele's empathic keynote speeches resonate deeply, fostering connection and empowerment. Her mission? To redefine mental wellness, tackling subjects from shame to self-worth, and guiding others towards a better relationship with themselves and humanity. Based in Arlington, VA, Michele is often found immersed in nature, exploring mountains, or enjoying moments of connection over coffee with friends.

“Michele’s style is so compelling, with a strong storytelling narrative and gripping examples of her experience.”

Jason Grant, Healthy Brains Global Initiative

Newsweek The Washington Post marie claire



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Michele is available to speak to audiences of all sizes online and offline.

Email michele@michelecapots.com or call (703) 447-4690 to book her for your speaking event.



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"Michele is a wonderful speaker who can weave through both the good and the bad of living with mental illness. Michele's style is so compelling, with a strong storytelling narrative and gripping examples of her experience. Michele's frankness, openness, and warmth allowed me to learn from her story while being motivated to become a better advocate myself."

Jason Grant, Healthy Brains Global Initiative

"Michele has a story which is both captivating and inspirational. I was engaged and enlightened by Michele's talk concerning mental illness, alcoholism and thoughts of suicide. Her story of recovery teaches each one of us the importance of interpersonal relationships and interaction with those whom we care about. Most importantly, she emphasizes the fact that there are no words to be said that will outperform the act of just being present for those in need. She is a most incredible, outstanding woman!"

Robert Taylor, Alexandria, Louisiana

"Michele's transformational coaching is life enhancing, life changing, and life fulfilling. I was stuck professionally due to old thoughts, patterns and habits. Michele was able to help me dig deep to release these old ways of living and thinking, so that I could step into my personal power and have the confidence needed to create and live all of my dreams. Her coaching program is so worth the time and money that you put into it, as you will reap the rewards 10 fold! Thank you Michele for changing my life for the better!"

Tara Segree, Annapolis, Maryland

Speaking Topics:

Self-Stigma: Discover how the crippling judgements we place on ourselves hinder our goals and dreams, plus identify strategies that help release those limiting thoughts for good.

Self-Worth: Realize our inherent value from the inside out, despite the labels society puts on us (diagnosis, job title, relationship status) and open up to what's possible once you've finally broken free.

Resilience: Find the courage to not just bounce back from life's challenges, but learn how to use those lessons to bounce forward into what's truly meant for you.

Self-Discovery: Uncover the limitations that are holding you back from who you are meant to be at the root, and learn how to overcome them to finally connect with your most authentic self.

Michele has spoken on a various shows and stages, including:



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