

A close-up portrait of Michele Thomson, a woman with blonde, wavy hair and blue eyes, smiling warmly at the camera. She is wearing a pink top. The background is a soft, out-of-focus light blue.

# *Michele Thomson*

LEADERSHIP CONSULTANT | FACILITATOR |  
REGISTERED NURSE

## **INTRODUCING MICHELE THOMSON**

in 2006 when I started my leadership journey I had no idea how that first experience leading would shape my entire career. There were days when I had panic attacks driving to work knowing that I was ill prepared to lead a dysfunctional team – most days feeling like I had no idea what I was doing and that I had not been set up to succeed. More importantly, I was exhausted and I didn't have the support or understanding of senior leaders. There was nobody taking care of me so that I could care for others.

It was during this time that I had given up on leading because I felt that I was spending my day managing employees, feeling overwhelmed with trying to figure out how to lead with specific models and sustain it, I felt like I was in a perpetual cycle of fixing problems already in crisis mode and never coming up with solutions and I was exhausted.

I created the P.E.R.S.O.N. Centred Leadership Approach™ founded in the philosophy of person-centeredness.

## *Contact Michele*

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mthomson@curisconsulting.ca  
www.curisconsulting.ca  
604-916-8937

## *Services*

### **CHANGE MANAGEMENT**

We will help you identify gaps, conduct a readiness and maturity assessment and develop a plan to implement new concepts that will help transform the ways in which your organization operates.

CONTACT ME: [MTHOMSON@CURISCONSULTING.CA](mailto:mthomson@curisconsulting.ca)



## *What people are saying...*

Michele formatted a customized training session to address the gaps we identified at our long term care homes. She then delivered the sessions at each home, and had excellent feedback from all participants.

Michele is very knowledgeable, professional, and an engaging facilitator. We will continue to work with Michele to develop additional training as needs arise. Highly recommended!

*Burnaby Division of Family  
Practice*

## **Quality Improvement Initiatives**

We listen and learn to understand how your organizational processes are working, define what needs to change and develop a plan that will lead to measurable improvement and cost efficiencies in the delivery of care.

## **Curriculum Delivery & Content**

Ensuring you have a competent workforce is essential to sustaining long term quality improvement initiatives. We will develop training materials and deliver curriculum that will train employees and improve their skills and knowledge.

Training can include a variety of topics and can be created to be facilitator delivered + train-the-trainer sessions.

## **Customized Presentations**

Development of presentations on topics such as:

Organizational Culture

Professional Development

Self-Care

Mindfulness

Ethics

Creating Purpose and Establishing Values

Cultural Safety

## **Lead from Within- 8 Week Online Leadership Program**

Michele's Signature P.E.R.S.O.N. Centred Leadership Approach™

My approach creates opportunities to better understand the individual needs of employees to ensure that they feel fulfilled at work.

This program helps leaders identify where subtle changes can be made to their leadership that have maximum benefit to mobilize employees and create high-functioning teams.

Leaders will no longer ask the question: "How do I get my team to perform better"? They will ask: "What do I need to do to make people feel excited to come to work".

## **Reclaiming Your Brand Story**

A 1-2 day workshop for any organization that has been through or is in the process of going through PR challenges. This workshop will help you reclaim your brand story and support employees through uncertain times.



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### **Group Facilitation**

When conflict is present, it can be helpful to have an external perspective to assist with encouraging active listening and effective communication. Even the most respectful and high-functioning teams will experience challenges. Conflict is healthy and not damaging to teams until it becomes disrespectful, bullying tactics emerge and the team does not have supports in place to work through the challenge.

Facilitation sessions will help teams identify the root causes of discord, establish expectations and how to find solutions within the team. The team will be provided tools to manage conflict into the future.

### **Personal 1;1 Coaching**

Learn tools that will define your personal purpose to be in alignment with the purpose of your organization.

Discover communication strategies that include active listening that builds trust. Build your confidence to share a compelling vision for the future of your workplace.

Utilize tools that will develop your greatest strengths and empowers you and those you lead to make a difference and drive action.

Implement self-care resources that will help you remain focused and energized while building resiliency and decreasing stress.

### **Embracing Self-Care - *It Is Not Selfish***

**Learn tools that will help you incorporate self-care into your daily routine in a way that feels individualized and sustainable.**

**Learn to understand the importance that people-pleasing, setting boundaries and knowing the value of your worth all are important facets in achieving self care.**

## *Biography*

I am a Registered Nurse with a Gerontology Specialist Certification with more than 25 years of clinical and operational experience within the healthcare sector.

I support innovative and evolving organizations to create healthy workplaces where shared values lead to employees feeling valued and creating exceptional customer experiences.



Michele specializes in:

- Employee Engagement
- Organizational Change Management
- Development of meaningful relationships

Michele has worked extensively with First Nations throughout BC.

I am uniquely placed to help you avoid crisis leadership and build a dedicated company culture that will position your organization to be prepared for a competitive advantage. I have delivered this for myself and I can deliver these results for you.

*"Leadership is not about fixing employee problems, it's about cultivating relationships based on equality and a human connection"*

*-Michele Thomson*

## *Humanitarian Work*

Following the catastrophic 7.0Mw earthquake in Haiti in 2010, Michele joined a team of other healthcare and rehabilitation professionals organized through Team Canada Healing Hands for Haiti. Michele has returned to Haiti several times since her first visit and has fallen in love with the culture and resiliency of the Haitian people.

*"Team Canada Healing Hands Inc is a not-for-profit, registered Canadian charity, dedicated to the provision of rehabilitative education, training, and care in areas of need."*

*To learn more about Team Canada Healing Hands, contact Michele or visit their website at:*

**<https://tchh.org/about-us.html>**



*"I have skills that  
can improve the  
quality of life of  
others."*

*Humanitarian work  
helps me feel aligned  
with my true  
purpose."*

*-Michele Thomson*





## DISCOVER MORE ABOUT MICHELE

### *Social Stats*



Curis Consulting  
@curis\_consulting



Curis Consulting  
@LeadingFromWithin



@mychele1

### *Discovery Call*

Let's connect by video or telephone for a no obligation discovery call to identify what services would meet your needs and to answer any of your questions.

- **Website:** [www.curisconsulting.ca](http://www.curisconsulting.ca)
- **Contact:** 604-916-8937



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