

MICHELLE SMORFITT



"I strive to empower people to grow and develop themselves, their communities and organisations. I am a social change agent devoted to fighting the world's injustices."

Experience & Skills

Michelle is a well-being practitioner, who is passionate about empowering people with simple, practical tools to improve their overall health. She is trained as a social worker, LDD conflict resolution facilitator and a mindfulness teacher. She has experience in HR consulting, facilitating, strategy, and well-being interventions in the private sector. She has also worked in the NGO/NPO field working with diverse marginalized groups from refugees to disabled children with counselling, group work and community development. She is a young dynamic social change agent and is passionate about development in individuals, teams, communities and organisations. She has her MSc. in Integrative Health and Well-being from the University of Westminster in the United Kingdom. She did her dissertation on a resilience psychometric.

Qualifications

- MSc. Integrative Health and Well-being (University of Westminster)
- Bachelors (Honors) in Social Work (UP)
- Lewis Deep Democracy Facilitator
- The Mindful Revolution Teacher Training Programme