

Michelle Joy Brown Coaching to be Featured on CUTV News Radio

IRVING, TEXAS, USA, February 17, 2015 /EINPresswire.com/ -- Goals are about change and change is about goals, but all too often our poor attitude, our “stinking thinking,” prevents us from moving forward. We can’t hope to improve our lives until we value ourselves enough to embrace change.

Michelle Joy Brown is a [motivational speaker](#), author and the founder of Michelle Joy Brown [Coaching](#) where she helps clients create and develop a more positive mindset to set, reach and exceed their goals so that they may live their dreams.

“I love me some me!” says Michelle. “When it comes to my dreams and my family, I’m going to do whatever is necessary to ensure we live the life we want to live no matter what anyone says. I expect my clients to have the same

attitude.”

As you can probably imagine, Michelle is not the most orthodox coach. The self-described “Renegade Goals Queen,” Michelle shows people how to be fully engaged in their life and learn how to have fun again.

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Michelle Joy Brown

“I focus on goals,” says Michelle. “Setting them, reaching them and exceeding them. My goal is to find out what their real dreams are and come up with a strategic plan they can work on until they’ve achieved those dreams.”

Michelle says she’s always been a goal setter. She grew up in the inner city and found herself a teen mom at only 17 years old.

“When I had that little boy in my arms I looked at him and I promised him I would do everything in my power to ensure he would never be on welfare. That became my biggest first goal.”

From there, Michelle says, goals started to become more fun and she challenged herself to do even



more. She would later graduate at the top of her class in counseling/psychology. She kept moving forward, setting goals to create the life she wanted.

Today, it's not uncommon to hear a client remark, "Michelle, I would not let anyone else on this planet get away with saying that to me but you." Michelle's unique style has allowed her to work with all types of women ages 25-60. She's got the old school and the new school and she understands both.

"I ain't scared," laughs Michelle. "People have opinions. If we allow ourselves to listen to other people's negative opinions, we'll never succeed."

CUTV News Radio will feature Michelle Joy Brown in an interview with Jim Masters on February 19th at 1pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

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