

Michelle Candland, Author Bio

Michelle Candland was born in Los Angeles, California, the older sister to three brothers. By the time she was three she had already learned the painful consequence of upsetting her alcoholic father, had witnessed her mother learning to please as a survival mechanism and was well on her way to accepting abuse as a normal way of life.

Michelle's parents divorced when she was six and at the age of eight, her responsibilities included cleaning the house, getting dinner started and tending her younger brothers when her mother was at work. Michelle smiles when she says, "I feel like I've been a Mom all my life!" The negative lessons she learned as a child would guide her down numerous paths cluttered with missteps, poor decisions and misguided loyalties but the positive ones would give her the strength to never give up, the belief in a power greater than herself and the desire to make a difference in the world.



Michelle transformed her relationship inadequacies into an enviable marriage to her best friend, and her numerous short-term job experiences blossomed into a rewarding and successful 20-year-career in commercial real estate. Her community involvement with Rotary International has provided her with a robust pool of opportunities to give back to the community and reap the blessings of service above self.

Michelle has learned and understands that she is not alone in her experiences and is passionate about sharing her life lessons with others. To learn more about connecting with Michelle or to invite her to share her experiences with your organization, visit her website at www.michellecandland.com.

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Michelle Candland is the author of *Common Threads, Ten Life Stories - How Women Weave Tribulation Into Triumph*. To learn more about Michelle, visit www.michellecandland.com

Speaker Topics

1. If You're Not Failing, You're Not Learning—Growing From Adversity

Mike Ditka once said, “Success isn’t permanent and failure isn’t fatal.” Since the first day we began our lifelong journey of personal growth and exploration, it has been necessary to try new things. There has seldom been, if ever, a guaranteed-to-succeed first attempt methodology to anything worthwhile; we try, we fail, we try again and sometimes fail again, but with each new attempt we learn something valuable from the failure and we are better than we were when we began.

- Explore all shapes and sizes of adversity
- Catalog your lessons
- Discover new ways to succeed

2. If It's Predictable It's Preventable, or is it? Embrace a Plan B

Holding onto Life’s steering wheel until your knuckles turn white doesn’t guarantee you’ll stay on the right path, it just ensures that eventually you’ll suffer from cramps in your hands. The best intentions, the right decisions for the right reasons, associating with the right people, are all noble attempts at avoiding less than desirable consequences. The problem is that you can’t control everything and everyone all the time. So do you live your life perpetually worried and stressed out or do you consciously choose to plan for the inevitable detours in your path?

- Loosen up, give yourself permission to change your mind
- Respect yourself and have confidence in your abilities
- Saving the world is hazardous to your health

3. Live Your Legacy – What Are You Waiting For?

Legacy means something different to everyone. To some it’s as simple as leaving money to their children or their favorite charity; to others it’s making a personal contribution in their community in as many ways as possible. To all who choose to participate in the process, it is about sharing a passion and making a positive impact on your family and those around you. John Bunyan, a 17th century writer once said, “You have not lived until you can do something for someone who can never repay you.”

- Where can you make a difference?
- How can you get started?
- Who shares your passion?

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