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Michelle has a lot to say and a lot to do. She put her thoughts and hundreds of hours of research online to give you elements of her life that will hopefully inspire and encourage you to keep learning. The hope is that...

- you enjoy what you see and read
- live at the pace you choose for yourself
- smile and laugh out loud throughout each day
- love who you are and what you do, always

Michelle graduated from Arizona State University in 1997 with a degree in communication. In 2005 she began a Master's Program at Regis University and graduated, with honors, in 2007. In 2015 Michelle expanded her educational goals and completed a comprehensive Train the Trainer program, based in England, to become a Mindfulness Trainer and Coach. Mindfulness is a key component of Michelle's daily life. Doctors and therapists introduced Michelle to mindfulness after a life altering fall and traumatic physical injury in 2010. At this time, Michelle is studying Integrative Medicine through the University of Arizona, under the direction of Dr. Andrew Weil.

Michelle's work experience includes owning a successful catering business in the San Francisco Bay Area, serving as a Development Director for both the Foundation for Blind Children and the Catholic Diocese of Phoenix and stewarding the McKesson Foundation from 1986-2001 as its Arizona Grant Coordinator/Evaluator. With support from ten Founders, Michelle created Resource Center Italiano (RCI) in 2001. RCI is a philanthropic organization that remains in place today. In addition, Michelle has owned Carefree Imagination, an organizational management and leadership consulting firm, since 1994. A partial list of Michelle's client base includes the Del Web Corporation, Pulte Homes, The Michael Andretti Foundation, the Coconino County Humane Association, The Harp Foundation, the AZ Governor's office, Maricopa County Community College Foundation, Phoenix Sister Cities Committee and the Alliance Beverage Foundation. Michelle also has extensive volunteer credits. She currently serves as the Managing Director of Resource Center Italiano as well as being a home care volunteer for Hospice of the Valley.

In her personal life, Michelle has been married since 1967, has two adult sons and 3 grandchildren. From 2004-2014 Michelle was the primary care-coordinator for her elderly mother and mother-in-law who were diagnosed with Dementia and Alzheimer's Diseases within six months of each other. This decade long responsibility led her to an enhanced interest in self-care research and the website, www.MichelleNardi.online.

Degrees and Certifications

Mindfulness Trainer-Coach Certification

M.A. Regis University, Nonprofit Management

B.A. Arizona State University, Communication

Certificate of Ministry

Hospice of the Valley Volunteer Certification

Integrative Medicine Certifications, University of Arizona – Aroma Therapy, Environmental Health and Contemplative Care