

Michael Blomsterberg

Master Certified Life Coach

...his philosophy that *we are all perfect, beautiful, and whole exactly as we are...*



Michael Blomsterberg has earned a “Master Certified Life Coach” designation from Coach For Life, an International Coaching Federation (ICF) approved program. He is an author, a visionary, and a spiritual teacher.

What Michael enjoys most in the world is bringing people’s light into their consciousness. He is set apart from others in his field in that he feels people’s pain. Along with 25 years of experience empowering clients and putting them back on their own team, he now has over 24 years of sobriety from drug and alcohol abuse and over 17 years of abstinence from bulimia and anorexia. He is ten years cancer-free, and has survived the dissolution of a 12-year relationship, bankruptcy in his early twenties, and physical and psychological abuse as a child.

He combines the tools that come with being a Master Certified Life Coach with his vast life experience. The result is a large amount of knowledge, understanding, compassion, and insight. He’s been there, and he understands. Michael empathizes and walks beside his clients, giving them the dignity of their own journey. This depth of empathy is what makes his life’s work, coaching, and the voice of his book, *Hairapy: Deeper than the Roots* that much more profound.

Working from his philosophy that *we are all perfect, beautiful, and whole exactly as we are*, he equips his clients with the tools to gain self-acceptance, self-appreciation, and self-reliance. Together, Michael and his clients create a safe space where they can begin to make the subtle, simple changes that transform life from the automatic to the authentic.

Many people define themselves by what they have, what they do, other people’s opinions of them, their past histories, or their stories. Michael’s coaching continues to release these definitions and let go of any form of identification through a process of discovery, acceptance, appreciation, and most importantly, feeling. Accessing these feelings brings a newfound level of consciousness and awareness with which Michael’s clients begin to make choices from a place of peace, presence, and freedom.

Michael’s objective is the same for his group coaching as well as for his individual coaching. He strives for his clients to gain the confidence to trust themselves, their instincts, their intuition, their choices, and their inner voice. Since awareness is the greatest agent for change, Michael focuses on expanding levels of knowledge, understanding, and awareness.

Individual coaching starts with a minimum four-month commitment to ensure that the positive gains achieved in the coaching sessions become solidly integrated into the clients’ lives. Michael uses sharp insight and humor to empower his clients to feel beautiful both on the outside as well as the inside, and his clients leave their sessions rejuvenated from the inside out. The coaching sessions lead them to welcome new experiences, beliefs, opportunities, and friendships in order for clients to continue to live a life of deeper meaning, joy, satisfaction, and fulfillment.