

Michelle Courtney Berry: 'The Workplace Doc (TM)'

Michelle Courtney Berry tackles workplace toxicity, stress management, and leadership challenges with a blend of academic research and practical consulting.

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-- Michelle Courtney Berry: Transforming Workplaces with Expertise and Empathy

Addressing Workplace Toxicity and Leadership Challenges

Michelle Courtney Berry, founder of Courtney Consulting Enterprises, LLC, has dedicated her career to addressing and alleviating workplace toxicity. As 'The Workplace Doc (TM),' Berry leverages her extensive executive leadership, wellness, and stress management background to provide holistic solutions to organizations worldwide. Her clients have included leading CEOs, start-up champions, iconic athletes, and visionary nonprofit leaders, demonstrating her versatility and adaptability in addressing workplace challenges.



Berry's approach, distinct from other consultants, is deeply rooted in her doctoral research and over thirty years of consulting experience. She doesn't just treat the symptoms of workplace distress, but identifies and addresses the root causes through data-driven methods. Her strategies not only promote mental wellness and enhance leadership capabilities but also foster inclusive workplace cultures. Her personal journey, marked by overcoming stress, trauma, and burnout, adds authenticity and depth to her work.

Academic and Professional Journey

Berry began her consulting career in 1990 while completing her graduate studies in Organizational/Risk Communication at Cornell University. Her academic journey continues as she pursues doctoral studies in Executive Leadership, focusing on workplace behavior

psychology. This educational foundation, combined with her practical experience, uniquely qualifies Berry to offer comprehensive and effective solutions to her clients.

Her academic research provides her with a deep understanding of the psychology of employee and leadership behaviors. At the same time, her practical experience equips her with the skills to suggest trauma-informed stress reduction and coping strategies that can interrupt burnout and toxicity.

Berry's work spans keynote speaking engagements, transformative training sessions, executive coaching programs, and courses to reduce workplace stress and promote wellness. Her multifaceted approach ensures that individuals, businesses, and organizations receive comprehensive and effective solutions that address their unique challenges, providing reassurance about the effectiveness of her interventions.

The #ToxicMeToo Movement

Recognizing the pervasive issue of toxic work environments, Berry launched the #ToxicMeToo campaign. This initiative, inspired by the #MeToo movement aims to highlight the prevalence and impact of toxic workplaces. It seeks to create a cultural shift by encouraging individuals to share their experiences and leaders to take responsibility for interrupting and dismantling poisonous environments. This campaign has gained significant traction due to the results of Berry's recent study, 'Workplace Coping Mechanisms and Leadership Styles Survey,' which sheds light on the detrimental effects of toxic leadership and the need for ethical leadership and effective employee coping mechanisms.

The #ToxicMeToo campaign seeks to create a national and international movement that promotes positive workplace culture change. By raising awareness and advocating for ethical leadership, Berry hopes to eradicate toxic work environments within a generation.

Unmatched Expertise and Inclusive Care

Berry's expertise is not only academic but deeply personal. Her experiences with stress and recovering from depression and burnout have not only fueled her passion for helping others navigate similar challenges but also created a strong sense of empathy and connection with her clients. This personal touch in her work makes her clients feel heard, valued, and understood.

Berry's work is characterized by her ability to foster inclusive workplace cultures. She believes inclusion and belonging are not just buzzwords but critical components of healthy work environments. She works tirelessly to ensure that every individual feels valued and considered in the workplace, regardless of their background or position. Her commitment to promoting these values in every organization she collaborates with is unwavering.

What Sets Michelle Courtney Berry Apart

Berry's unique blend of academic rigor and practical experience sets her apart in workplace consulting. Her doctoral research provides a solid foundation for her interventions, while her

journey adds relatability and empathy to her approach. However, it is her unwavering commitment to ending workplace toxicity that truly distinguishes her. This commitment, evident in her dedication to the #ToxicMeToo campaign and her ongoing efforts to promote mental wellness and ethical leadership, is a testament to her passion and should inspire confidence in the outcomes of her interventions.

Achievements and Impact

Berry's contributions to the field have had a profound impact, transcending industries and borders. She has collaborated with visionaries across diverse sectors, such as Mindvalley, CouldYou?, Sheppard Mullin, Avangrid, Virgin Pulse, Pixability, and lacrosse star Rob Pannell, among other luminaries, to cultivate mindful work environments and more resilient teams. Her work has resonated with numerous business organizations in the U.S., Canada, Mexico, and Africa, enabling them to confront and overcome workplace toxicity and stress management challenges.

About Courtney Consulting Enterprises, LLC

Michelle Courtney Berry established Courtney Consulting Enterprises, LLC, a firm specializing in wellness, stress management, and executive leadership, in 1990. The company offers a comprehensive range of services, including wellness keynotes, media appearances, executive coaching, and leadership development consulting. These services are designed to assist businesses and organizations in cultivating healthier, more inclusive workplace cultures. With a steadfast focus on ending workplace toxicity, Courtney Consulting Enterprises collaborates with clients worldwide to foster positive change and promote mental wellness.

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