SPEAKER ONE-SHEET

Michelle Cooper, PA-C

Well on Purpose Rx

Your prescription for a life lived well.

Almost 30 years writing prescriptions. Now I'm writing them for your life.



Meet Michelle

Michelle Cooper, PA-C, has been a physician assistant for almost 30 years: the ER, urgent care, internal medicine, house calls and, today, mental health. Working one on one with patients showed her that healing reaches beyond medication, so she founded Well on Purpose Rx to share practical life prescriptions drawn from her patients, her profession and the seasons of her own life.

Quick facts

- **Almost 30 years** as a physician assistant
- **12+ years** in the ER
- Urgent care, internal medicine, house calls and mental health
- **8 seasons, 8 talks**, plus a flagship keynote
- Healthy eating and fitness advocate, international traveler

Where Michelle fits

- Conferences and women's summits
- Healthcare teams and caregivers
- Churches and faith communities
- Corporate and leadership
- Retreats and wellness events
- Grief, adoption, ancestry and identity groups

Book Michelle

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INSTAGRAM, TIKTOK, FACEBOOK
@WellonpurposeRx

Helps me say yes fast: your date and city (or virtual), who's in the room and how many, the season you're leaning toward, and how long you'd like me to speak.

FLAGSHIP KEYNOTE

Well on Purpose: A Life Examined, Rewritten, and Lived Intentionally

All eight seasons woven into one story of a life that refused to stay broken: identity wounds and the search for her biological family, pregnancy loss, burnout, twelve years of hearing loss, relational transformation and the healing power of intentional travel.

Best for: large conferences, keynote events, women's summits, healthcare organizations, and any audience navigating life transition.

Featured talks

Three of eight. Every season is a complete talk.

SEASON 5 · THE SILENCE THAT TAUGHT ME TO LISTEN

Deaf to Life: What Twelve Years of Hearing Loss Taught Me About Truly Listening

Twelve years of significant hearing loss while working as a PA, until surgeries in 2014 and 2015 restored it. Medicine, faith and the unexpected gifts in life's most unwanted seasons.

Takeaways: Recognize a struggle you have been concealing, identify one trusted source of support, and practice asking for a specific kind of help without treating that need as a failure.

SEASON 1 · THE ROOTS OF IDENTITY

Who Am I? Finding Your Identity When the Answer Was Never Given to You

Growing up without knowing her biological father, Michelle learned how early rejection becomes the silent script we carry into adulthood, and how to rewrite it with courage.

Takeaways: Recognize how early rejection can influence your sense of worth, question the belief that someone else's absence determines your value, and tell your story in a way that makes room for belonging.

SEASON 2 · THE ARMOR OF STRENGTH

Strong but Carrying: How Emotional Armor Becomes the Heaviest Burden

Believing empathy was weakness, Michelle built walls instead of bridges. The journey from emotional distance to compassionate strength, and how empathy heals what toughness could not.

Takeaways: Recognize when carrying too much is becoming unsustainable, name a need without shame, and choose a practical boundary or source of support that makes room for recovery.

All eight seasons

Pick the season that fits your people.

1. **The Roots of Identity** — *Who Am I?*
2. **The Armor of Strength** — *Strong but Carrying*
3. **The Grief of Loss** — *Between Hello and Goodbye*
4. **The Burnout Breaking Point** — *When Helping Others Almost Broke Me*
5. **The Silence That Taught Me to Listen** — *Deaf to Life*
6. **The Relationships That Shaped Me** — *Well Connected*
7. **The Search for Belonging** — *Found*
8. **The Prescription of Travel** — *Passport to Purpose*