



**Michelle Spehr, M.A., M.Ed., MCHES®**

**Consultant and Facilitator  
Vidl Work  
Milwaukee, Wisconsin**

Michelle is a consultant and facilitator with Vidl Work, specializing in designing and leading high-impact learning experiences. From training sessions and workshops to conferences and strategic retreats, she creates dynamic environments that foster engagement, collaboration, and lasting transformation. With master's degrees in communication and education and over 15 years of experience in workplace culture and employee well-being, Michelle blends experiential learning with community-building strategies to spark connection, deepen learning, and unlock collective intelligence. She holds multiple professional certifications, including Master Facilitator/ Certified xchange Guide, Developing a Leadership Mindset® Facilitator, Certified Thriving Workplace Culture Consultant™ and Master Health Education Specialist (MCHES®). Passionate about the power of connection, Michelle thrives on bringing people and ideas together to inspire meaningful change.