



www.northofneutral.com

hello@northofneutral.com

bio • palma michel

Palma Michel is a sought-after mindful leadership advisor and offers mindfulness as a way to hack your neurobiology and increase self-awareness, which is the first step to self-mastery. She is the author of 'The Authority Guide To Mindful Leadership' and has partnered with Yahoo, ITV, PUIG, The Goethe Institute, Sainsbury, Warner Brothers, InBev, Havas, Converse, The One & Only, and Essence Digital. In 2018, Palma will also be a visiting expert with Six Senses and Chiva-Som.

Palma's aim is to empower her clients to live with more presence, inner peace, gratitude and love for life and she teaches with passion, sensitivity and insight, gained from years of personal practice and professional training. Her volunteering work at St Joseph's Hospice and Mind Charity offers her a unique perspective on living life right NOW with a sense of urgency and meaning, one that she brings back to her executive clients in both global multinationals and start-ups.

Recognized as an expert about the transformational power of mindfulness practice, Palma is frequently asked to speak about mindfulness in the workplace and has been hosted by the London School of Economics, The British Fashion Trust, The Fiorucci Art Trust, Second Home and The Soho House Group.

Palma initially started her career as a lawyer and spent ten plus years as a board-level executive search consultant (Principal-level) with two of the world's leading executive search firms, Heidrick & Struggles and Korn/Ferry International, in Europe, Asia and the UK. In total, she has over 15 years of experience in advising and coaching top CEO's, boards and investors on senior leadership challenges.

Born in Munich and currently based in London, Palma graduated with a law degree from LMU Munich and has lived and worked in Munich, Shanghai, New York, Zurich and Hong Kong.

Committed to unlocking human potential not only in others but also herself, you might find her at a 10-day silent retreat in India, hiking in Bhutan or swimming with Manta Rays in the Maldives.

