

Bellevue  
Public  
Schools



Alumni  
Spotlight



# Dr. Michelle Mras (Guichard)

## Bellevue West, 1986

Dr. Michelle Mras (Guichard), Bellevue West graduate - Class of 1986, is a multiple award-winning international speaker and best-selling author/co-author of sixteen books. When Michelle isn't engaging large audiences or writing inspirational stories, she might be making a Sci-Fi movie or producing a new episode of one of her podcasts or shows.

Michelle recently took some time to answer a few of our questions.

**What high school did you attend, and when did you graduate?**

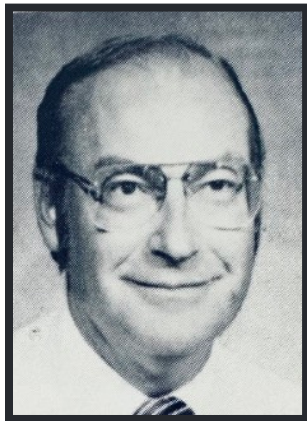
I attended Bellevue West and graduated in 1986.

**Who were some of your favorite teachers?**

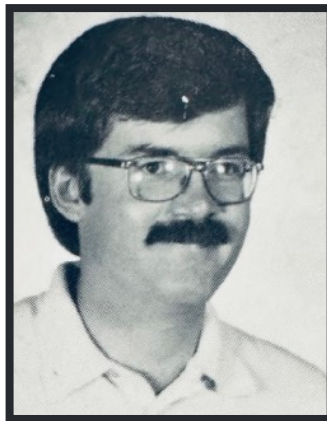
Mr. Schmidt, Band Director. He loved music and it showed. The band loved him.

Mr. Reimer, Choir Director. He helped me realize my natural talent for singing. He recruited me into the choir. Through his guidance, I learned how to listen to the tonalities of the people around me and to hear the shifts. I use this technique with my executive speaking clients.

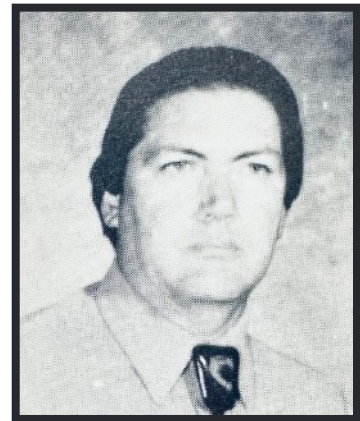
Mr. Crow, Physics. He challenged us. He'd ask, "Are you sure about that?" and if you were uncertain, you'd fold. If you were certain, you'd stand firm with your answer. I learned to know your answer and respond without a question mark in your response.



**Mr. Schmidt**



**Mr. Reimer**



**Mr. Crow**

**Were you involved in any sports or clubs?**

Yes, most were music related: Madrigals, Pep Band, Marching Band, West High Singers, and Senior Senate.

**Did you have a favorite place to hang out?**

My friends and I hung out at each other's houses. We did frequent Baskin Robins.

**Did you have siblings that graduated from Bellevue schools?**

Yes. My younger siblings: Jacques and Monique Guichard



### **Do you have family still in Bellevue?**

My father.

### **Where did you attend college, what was your major, and when did you graduate?**

I attended the University of Nebraska-Omaha and majored in Industrial Engineering. I got married and moved to Tacoma, Washington before I graduated. I eventually graduated remotely from Bellevue University with a BS in Marketing Management in 2005. I have my Masters Degree in Quality Systems Management (2007) from The National Graduate School and my PhD in Entreprenology (2022) from the International University of Entreprenology.

### **What do you do for a living?**

Global Keynote Speaker, Executive Speaking Coach

### **You are also a published author. When did your first book come out, what's the title, what is it about, and what was your inspiration?**

Yes, my first book was published in 2016: *EAT, DRINK & BE MARY - A Glimpse into a Life Well Lived.*

It is based on my TEDx Talk where my idea worth sharing was based on advice I received from my mother-in-law, who happened to be a high school teacher I met while living in the Philippines. Her advice was:

- 1) Have a goal, but be flexible on how you reach it.
- 2) Eat dessert first. Life is too short to wait for special occasions.
- 3) "The differences between a rut and a grave are the dimension." - Ellen Glasgow

### **How many total books have you published?**

I've authored or coauthored sixteen books. In addition to Eat, Drink & Be Mary, some of the titles include... Hold My Crown; It's Not Luck, Overcoming You; and Keep Smiling: Shift Happens; and the 13 Steps to Riches series.

**As a professional speaker, what topics do you focus on?**

Resiliency and Self-Leadership

**What is the largest audience you have spoken to?**

In the room 5000, while being simulcasted to millions. I was on stage with John C. Maxwell, the #1 Leadership Authority.

**How many speaking engagements do you have a year?**

I speak at about two conferences around the world and average about four training events and mini-groups a month.



*Photo Credit: SimoneVision.com*

**What are some of the awards you have been recognized for during your career?**

- Culture Award - Positive Attitude, John Maxwell Team, 2018
- Inspirational Woman of Excellence, Women Economic Forum (WEF), 2018
- Woman Achievers, FUZIA, 2020
- Influential Woman of Denver, Denver Luxury Magazine, 2021
- Service Hero Award, e360TV, 2021
- Harvest the Nurturer, HETS, 2021
- 1st Place, Ultimate Speaker Competition, 2021
- Unapologetic Award, USC, 2021
- The New Channel (TNC) - Rock Star Host, 2022
- Survivor Award, Network of Outstanding Women (NOW), 2022

**Could you share a little bit about your family?**

I am married to my high school sweetheart. We met at Wagner High School, Clark Air Base, Philippines (1983), just before I moved to Bellevue. Together, my husband and I have two adult children and 2 fur puppies.



*Photo Credit: BarbaraMacFerrinPhotography.com*

## **Is there anything else you'd like to add?**

1. I have two podcasts that can be found on your favorite podcast platforms, Facebook and YouTube:

**Denim and Pearls** - Business casual with pearls of wisdom from the porch

**Amplifluence** - Amplify your influence

2. I have a Livestream TV program - **Mental Shift** - which streams around the world. It originates out of The New Channel, Philippines and across Asia. It also streams out of ZondraTV, a Dallas station with a reach of over 29 million.

3. I have speaking parts in several independent Sci-Fi movies. For more information, check out my Internet Movie Database page (IMDB.com).

## **What advice do you have for current students in Bellevue Public Schools?**

Learn what you are good at, then master it. Discover what you aren't so good at and learn as much about it as you can. Don't focus on what you lack. Simply be aware of your weak areas so you don't fall into the mental trap of "I'm not as good at X as they are." Perhaps you aren't. I'm pretty sure you have another talent/skill that they don't.

Repeat what works for you. Don't repeat what doesn't. Be active in various activities. Colleges and business owners like to see diversity in skill sets.

Smile more. Life is a roller coaster. We all have ups and downs to deal with. Find the spark of positivity in the down times. There is always something to be grateful for. Enjoy the ride.

Don't be afraid of the future. It's not as scary as it appears. Our minds create stories far worse than the truth. Take one brave step every day.

Don't cloud your mind with "what could have been." Focus on now and what small positive change you can create in your life each day. "Change is an emotional journey. It's not rainbows and butterflies in a field of daisies.

Change is uncomfortable and forces you to evaluate who you are, the beauty is in the possibilities! -Michelle Mras

## Links

Michelle's Website

[Michellemras.com](http://Michellemras.com)

A listing of Michelle's acting work:

<https://www.imdb.com/name/nm7246307/>

Michelle's Amplifluence Podcast

<https://www.youtube.com/@Amplifluence/videos>

Michelle's Denim and Pearls Podcast Podcast

<https://www.youtube.com/@DenimandPearlsLive>



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The Alumni Spotlight is a recurring feature on the Alumni Association Facebook Page. If you know of a Bellevue graduate that we should shine the spotlight on, please reach out to us at [bps.alumni@bpsne.net](mailto:bps.alumni@bpsne.net) and they will be considered for a future column. Continue to invite your friends and family to Like and Follow our Alumni Association page: <https://www.facebook.com/BPSAlumni>

All previous Alumni Spotlights are archived at:

<https://www.bps-foundation.org/alumni-spotlights/>

