



*Michele Roys*

AUTHOR, SPEAKER  
AND PODCAST HOST

MEDIA KIT

# About Michele

AUTHOR • SPEAKER • PODCAST HOST • ADVOCATE FOR  
INVISIBLE ILLNESS AWARENESS

Michele Roys is an author, speaker, and podcast host whose story transforms unimaginable pain into purpose. After being diagnosed with Trigeminal Neuralgia — often called the suicide disease — her life changed overnight.

A former global HR leader who worked across four continents, Michele now uses her voice to spark honest conversations about resilience, invisible illness, and rediscovering joy.

Through her memoir, podcast, and speaking, she empowers others to find strength and meaning in the midst of adversity.



## GLOBAL REACH & COMMUNITY

Her message continues to connect a growing international community across Ireland, the U.S., the U.K., Europe, and Asia — united by empathy, courage, and hope.



Social Media  
Following



Global Listeners in  
24 Countries



Weekly Podcast &  
YouTube Episodes



Email Community  
Growing Monthly

# The Author

## BUT YOU LOOK JUST FINE

My journey to Rediscover Joy  
Amidst Chronic Pain  
and Invisible Illness

In **But You Look Just Fine**, Michele shares her journey through chronic pain and invisible illness — living with one of the most painful conditions known to medicine, Trigeminal Neuralgia.

With honesty, humor, and hope, she reveals that healing isn't about pretending to be fine, but about finding light and meaning even in the darkest seasons.



## Book Endorsement

“Whether you’re dealing with chronic pain, supporting someone who is, or simply trying to understand the complex dance between suffering and joy, this book will be your companion, your guide, and your reminder that you are never, ever alone on this journey.”

— **Kris Carr, New York Times Bestselling Author**

“A must-read for anyone living with invisible illness — raw, courageous, and filled with light.

— **Mina Grace Ward, Founder of The Graves’ Disease Academy**

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BOOKSELLERS

**easor**



**Porchlight**

**BAM!**  
BOOKS-A-MILLION

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BOOKSELLERS SINCE 1902

**amazon**

# The Podcaster



## THE MICHELE ROYS SHOW

A weekly podcast heard in 24 countries, bringing together voices that explore resilience, healing, and the human spirit. Michele creates space for real conversations about mindset, wellbeing, and rediscovering joy — inviting thought leaders, experts, and everyday warriors to share what it means to live fully, even when life looks nothing like we imagined.

Each episode blends practical insight with heartfelt storytelling, helping listeners feel seen, heard, and hopeful.



## FEATURED EPISODES

**Ep2: Defining Invisible Illness: Beyond What Meets the Eyes**

**Ep16: How to Find & Keep Joy**  
with guest Lia Valencia Key

**Ep24: Rewire Your Brain w/Neurocoaching**  
with guest Carol Register

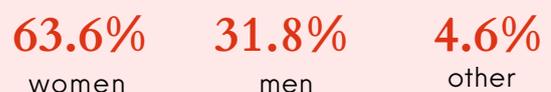
**Ep27: What is Functional Medicine?**  
with guest Dr. Richard Rocker

**Ep43: How to Thrive w/Chronic Pain**  
with guest Brenda "The Solutiionist" Warren

## GLOBAL REACH



## MY AUDIENCE



AVAILABLE ON



# The Speaker

## TURNING PAIN INTO PURPOSE AND JOY

Michele speaks with warmth and truth, inspiring audiences to transform pain into purpose and rediscover joy.

Drawing on her global leadership background and lived experience with invisible illness, she brings both insight and empathy to every stage.

Through storytelling and practical insight, Michele helps audiences build resilience, embrace change, and reconnect with meaning — leaving them inspired to act with courage and compassion.



## SPEAKING TOPICS



- ✓ **Transforming Pain into Purpose**  
Michele shows how life's hardest moments can spark transformation — helping audiences see adversity through a lens of meaning, courage, and power.
- ✓ **Finding Joy Amidst Adversity**  
She teaches that joy isn't what comes after the storm — it's what carries us through it, by leaning into self-compassion, gratitude, and inner strength.
- ✓ **The Power of Compassionate Leadership**  
Michele helps leaders turn empathy into impact — showing that compassion builds stronger teams, deeper trust, and lasting wellbeing in today's changing world.

# The Advocate

ADVOCATE • CHANGE-MAKER •  
VOICE FOR THE INVISIBLE

Michele is a passionate advocate for those living with chronic pain and invisible illness. Whether engaging with communities, attending national events such as at Leinster House, or joining radio discussions, she uses every opportunity to raise awareness and create meaningful dialogue.

Her mission is simple yet powerful — to make the unseen seen, to replace misunderstanding with empathy, and to help people feel less alone in their journey.



Leinster House - Dublin - Ireland

AS SEEN IN



LIMERICK LEADER



LIMERICK  
Post



Network  
Ireland

## Testimonials

“Michele exemplifies that the journey is the true objective. She gained so much personal growth and self-acceptance out of the journey, which dwarfs the earlier goal to be just pain-free. It shows her courage and moves me to tears.

*Dr. Petra Frese, Founder of Peak Mind Academy*

“Michele transforms pain into purpose and shows that even in the darkest valleys, light can break through. Her exploration of holistic therapies, self-compassion, and finding joy amidst life's trials reminds us that healing is not a linear process.

*Lia Valencia Key, Founder of VALENCIA KEY*



## MEDIA & SPEAKING INQUIRES

Michele Roys welcomes conversations with media, event organizers, and organisations seeking stories that uplift and inspire.

Her voice brings authenticity, courage, and hope to every stage, panel, or interview.

For media interviews, podcast or TV appearances, book features, or speaking invitations, please contact:

✉ [connect@micheleroy.com](mailto:connect@micheleroy.com)

🌐 [www.micheleroy.com](http://www.micheleroy.com)

📱 Instagram: [@michroys](https://www.instagram.com/michroys)

🎧 YouTube / Podcast: [@MicheleRoys](https://www.youtube.com/MicheleRoys)

📍 Based in Ireland • Available Worldwide



[connect@micheleroy.com](mailto:connect@micheleroy.com)  
[www.micheleroy.com](http://www.micheleroy.com)



## THANK YOU

Thank you for being part of this movement to make the invisible visible.

For the 1.5 billion people living with chronic pain — and the millions more affected by invisible illness — your platform, compassion, and curiosity make a real difference.

With appreciation,

*Michele Roys*