

2019 CREW Leadership Forum Series

The Resilient Leader

Workshop #2: Be Grounded – A Toolkit for Balance



May 14th, 2019

Presented by:
Heather Gleason, BKV Group
Courtney Hamm, MB Real Estate
Carole Jurkash, Boodell & Domanskis
Michele Pasquale, Meridian Financial Solutions
Gianna Scarsella, Bear Construction
Janice Wood, CBRE Inc

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Facilitator Introduction



Michele Pasquale - Meridian Financial Solutions

Michele Pasquale is an active Crew Chicago Member and the Managing Member & Founder of Meridian Financial Solutions. Founded in 2006, Meridian is a collaborative team of tax and engineering experts providing Real Estate Investors and their CPA's with Cost Segregation Studies, Tax Friendly Design Guidance, Fixed Asset Organization, Partial Disposition Guidance, and Energy Tax Credits/Deductions/Financing.

Michele has also been both a student and teacher of Yoga, Mindfulness, and Leadership since 2002 studying with many widely recognized leaders in mindfulness and personal growth. Over the years, Michele has co-led leadership “think tanks” of women entrepreneurs, has taught mindfulness/yoga to executives, children, seniors and health care professionals. Relevant Trainings Include: Franklin Covey Leadership, Mindfulness Based Stress Reduction (MBSR), Chopra Center Meditation & Ayurveda Certifications and multiple Yoga Certifications.

Michele received her academic training with University of Delaware and Le Moyne College