

Michèle Bowley (born June 28, 1966 in Basel) is a Swiss health psychologist, with additional training in adult education, project management and systemic, solution-oriented coaching. She owns the company "Psyche stärken by bowley resources" (Strengthen your psyche by bowley resources). As a blogger on the Internet, she produces a video diary about her cancer and how she is dealing with her impending death. She has also written the book "Volle Pulle leben" (Living Flat Out) on the same subject that will be published in 2023, cuvillier.de.

Biography

Michèle Bowley grew up in the Basel region. Her father is English, her mother Swiss. From 1981 to 1985 she attended the business high school in nearby Muttenz. During this period, she also spent a year as a senior high school student in the USA. She began her studies in social psychology at the University of Zurich in 1986 with subsidiary studies in sociology and social and preventive medicine. She was a working student and graduated as a psychologist (lic. phil.) in 1995.

Michèle began her professional career in 1995 as a research assistant at the Institute for Social and Preventive Medicine at the University of Basel. Subsequently she participated in numerous practical activities. She developed and implemented various programs and projects in public administration and in diverse associations. From 1997 until 2004 she headed the Tobacco Prevention Unit at the Basel Lung Association. Afterwards she worked as manager of "Gsünder Basel" (*Healthier Basel*), an association promoting health activities. From 2009 until 2015 she headed the program for mental health at the health department of the canton of Zug. In this function, she regularly wrote a column about improving health for the local newspaper. In 2010 she received the "Public Health Switzerland Award for the best practice-based abstract" together with Matthias Meyer, head of Zug's health department.[1]

In 2015 she returned to the Basel region where she promoted health improvement measures for children and adolescents. At the organisation "Benevol" she managed "Tandem 50 plus", a mentoring program that helps job seekers over 50 years of age to find a new job.

In 2018, Michèle Bowley ventured into self-employment and established the one-woman company "Psyche stärken by bowley resources". This focused on the program created by Pro Mente Upper Austria "11 steps to strengthen mental health"[2]. She adapted the program to suit the needs of diverse target groups (job seekers, caring relatives, pensioners and migrant populations for example). Michèle conveyed the appropriate knowledge in courses, individual consultations and projects such as the development of new offers and brochures for institutions from the social and health-care sector and for individuals from the private sector.

Her company provided courses for the regional employment mediation office in Zug on behalf of VivaCoaching, a coaching institute in Basel on how to apply for a job. At the coaching institute "livingsense" in Zurich she worked as a professional coach for Golden Agers. She also supported the Zurich University Hospital in its efforts to help people wanting to stop smoking.

After Michèle was diagnosed with breast cancer in 2020, she began to publish "My Cancer Diary" a series of internet videos about her condition and describing the effects and side effects of her therapy. The aim of each post was to keep family members and friends up to date with her progress and to inspire others afflicted with cancer to lead a fulfilling life in spite of their condition.[3] In autumn 2021, after surviving chemotherapy, radiotherapy and surgery, she learned that she had incurable brain metastases and a life expectancy of three to six months.

When she found out that her cancer was incurable, Michèle decided that she wanted to share her experiences with other people interested in the topic. The filmmaker Florian Bitterlin produced "Hallo&Tschüss" (Hello&Goodbye) [4] a short film that can be viewed on Michèle's website (www.psyche-staerken.ch) or on YouTube.[5]

On January 17, 2022, the Swiss daily newspaper "Tages-Anzeiger" published an interview with Michèle entitled "Ich habe keine Angst for dem Sterben" (I'm not afraid of dying). The reader response was overwhelming. When the interviewer asked why she wasn't afraid, she replied: "I've

had a good life. There's nothing I regret or would have done differently. I don't fear what's coming and I'm curious whether it ends as I imagine. I'm not afraid of the last few minutes."[6]

In October 2021, Silvia Haselbeck and Erich Langjahr started to film Michèle's final days from diagnosis until her last breath and the funeral service.

In February 2022, Michèle and two other women founded «*Hallo&Tschüss*» an association dedicated to their intellectual endowment and continuing the message "*Lebe DEINS –JETZT*" (Live YOURS - NOW).

The Swiss Cancer League awarded Michèle Bowley the Medal of Honour 2022 for her open approach to the topics of dying and cancer.[7]

Web links

- [Psyche stärken Website von Michèle Bowley](#)
- [Hyperthermiebehandlung von Michèle Bowley](#)
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References

1. ↑ [Award für zwei Mitarbeitende der Zuger Gesundheitsdirektion](#). In: jeder.ch. alt Ständerat und alt Regierungsrat Joachim Eder, 24. September 2010, downloaded 27. February 2022.
2. ↑ [Michèle Bowley: 11 Schritte für Psychische Gesundheit](#). In: psyche-staerken. Psyche stärken by bowley resources, downloaded 3. March 2022 (in German).
3. ↑ [Michèle Bowley: Mein Krebstagebuch](#). In: YouTube. downloaded 6. March 2022 (in German).
4. ↑ [Florian Bitterlin: Hallo&Tschüss](#). In: Florian Bitterlin Der Filmemacher. Florian Bitterlin, downloaded 13. March 2022 (in German).
5. ↑ [Michèle Bowley, Florian Bitterlin: Hallo & Tschüss](#). In: YouTube. 11. Januar 2022, downloaded 6. March 2022 (in German).
6. ↑ [Susanne Schild: "Ich habe keine Angst vor dem Sterben" - Diagnose "unheilbar" - Jahrelang hat sie als Psychologin anderen Menschen in Lebenskrisen geholfen - jetzt ist Michèle Bowley selbst betroffen: Die 55-Jährige leidet an metastasierendem Krebs. Ein Gespräch über das Leben, die Liebe und den Tod](#). In: Tages-Anzeiger. Tamedia, Zürich 17. January 2022, S. 25.
7. ↑ [Die Krebsmedaille 2022 geht an Michèle Bowley](#). In: Krebsliga Schweiz. Krebsliga Schweiz, Mai 2022, downloaded 25. May 2022.