

# TRANSFORMATIONAL COACHING

*How do we get to our next evolution in life?  
How do we become who we were always meant to be?*



THE SECRET: IT ALL STARTS WITH YOU.

- ✓ Need help identifying your strengths, accepting your weaknesses, and portraying them both?
- ✓ Navigating a new position or need an upgrade in your current position?
- ✓ Is it time to raise the bar with your communication and feedback skills?
- ✓ Looking for real-life solutions to real-life problems?

*I help people change their view of change.*

*Choose Growth. Build Momentum. Eliminate Excuses.*

*Choose Growth. Build Momentum. Eliminate Excuses.*

# I CAN HELP YOU BRIDGE THE GAP BETWEEN WHERE YOU ARE AND WHERE YOU WANT TO BE.

*I coach individuals, administrative professionals, first-time leaders, executives, and speakers on topics such as:*

- ✓ Goal setting, personally and professionally
- ✓ Self-awareness; accentuating your strengths and managing your weaknesses
- ✓ External awareness; building successful partnerships and collaborations
- ✓ Communication skills
- ✓ Giving & receiving positive and negative feedback
- ✓ Executive presence
- ✓ Confidence building
- ✓ Presentation and public speaking skills
- ✓ Organizational tools and time management
- ✓ Decision making and delegation skills
- ✓ How to be the leader you always wished you had

*Pricing depends on the number of coaching sessions requested. Typical coaching sessions last for four (4), eight (8), or twelve (12) sessions. For inquiries, email [Monique@MoniqueHelstrom.com](mailto:Monique@MoniqueHelstrom.com)*



THANK YOU so much for your incredibly impactful work. I have taken so much away from our time together, and can honestly say it's the best thing I've done to lift myself up as a working professional. I truly appreciate you so much and will sing your praises low and high to every EA that I encounter forever. You are 1,000% in your zone of genius doing this work!

— Molly, Executive Assistant, Handshake