



## LEARN THE MOST IMPORTANT SKILL THAT NO ONE EVER TAUGHT YOU

Perfect for: Individuals and Teams, Administrative Professionals,  
Budding Leaders, Middle Managers, Operations

Communication with a shared language is what binds us as a society, builds trust within our organizations, and promotes teamwork and collaboration. It is the key to unlocking the secrets of career advancement, retention, loyalty, harmony, and efficiency. The rub is, no one teaches us how to effectively communicate, how to reflectively listen, and how to successfully give and receive feedback. But yet, we use these skills every single day of our lives. And we're expected to use them properly.

Communicating is hard. Having hard conversations feels impossible sometimes. But I believe communication plays a big part in the success or failure of your life. Those that practice, find great success. Those that don't, don't.

### About Monique

Monique will help your audience understand and utilize their innate talents, master their communication, conquer their organizational roadblocks, and build powerful relationships that will actually progress their career. Her experience as the Executive Assistant, Producer, and "Chief of Simon Sinek" paved the way for her practical and honest approach to change, teamwork, conflict and communication for Middle Managers, Decision Makers, and Assistants! PLEASE CONTACT [MONIQUE@MONIQUEHELSTROM.COM](mailto:MONIQUE@MONIQUEHELSTROM.COM) FOR PRICING & AVAILABILITY.

### KEY SESSION LEARNINGS

- *Relatable, tangible, and actionable lessons to improve your communication TODAY.*
- *Learn how to speak (and write) with clarity, consistency and competence.*
- *Executive presence skills.*
- *Key listening skills to help others feel heard.*
- *Know when, where and how to have those difficult, but crucial, conversations.*
- *Giving and receiving positive and negative feedback.*

KEYNOTE: 30-, 60-, OR 90-MINUTE; \$3,500-\$6,500  
WORKSHOP: 3-HOURS to 5-HOURS; \$6,500-\$10,000  
PRIVATE COACHING AVAILABLE