

CONFESSIONS
OF A
Recovering
WORKAHOLIC



THE REAL STORY OF WHAT HAPPENS WHEN WE PRETEND NOTHING IS WRONG

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

We have all heard 100 stories of burnout before; what *caused* it, what happened to their health, their job, and their relationships during the burnout, and how difficult their aftermath was. Yet still, we never - EVER - think it's going to happen to us. But why? Why don't we pay attention to the warning signs before it's too late? Why do we feel we have to sacrifice ourselves in order to be a good employee, friend, or human?

Because we have control over our mind, we CAN overcome AND still have a productive and successful professional career. I lived this firsthand. Let me help you release the shackles and conquer this habit once and for all.

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 Mangers, Decision Makers, and Assistants! PLEASE CONTACT MONIQUE@MONIQUEHELSTROM.COM FOR PRICING & AVAILABILITY.

KEY SESSION LEARNINGS

- *10 actionable tips to overcome this affliction to save ourselves and our relationships;*
- *The internal and external reasons why we overwork;*
- *How to recognize (and accept!) this habit within ourselves;*
- *What workaholism IS and what it is NOT;*
- *How to recognize the warning signs, before it's too late.*

KEYNOTE: 30-, 60-, OR 90-MINUTE; \$3,500-\$6,500
PRIVATE COACHING AVAILABLE