

BIOGRAPHY

MONIQUE HELSTROM

Monique has dedicated her life to helping humans understand their own unique role in making great ideas - and great partnerships - come to life.

After nearly a decade as the Executive Assistant, Producer, and “Chief of Simon Sinek,” New York Times Best-Selling author and TED celebrity, along with her adventures as an event planner and a two-time small-business owner, Monique has had unparalleled experiences and gained unique perspectives from thought leaders, executives, middle managers, celebrities, educators, military, social activists, and the general workforce that this world depends on. These encounters have equipped her with the tools necessary to decipher and disentangle common issues plaguing humans and businesses around the globe.

And now, as a Speaker, Activator, and Unlocker of Human Potential, she consults, coaches, and speaks internationally to teach people the most important skills that no one ever taught them before. She has helped individuals and teams understand and utilize their innate talents, master their communication, conquer their organizational roadblocks, and build powerful relationships that will actually progress their career.

As an expert on communication and feedback, human (not “soft”) skills, personality types, performance enhancers, skill building techniques, executive presence, and ways to motivate, she offers a practical and honest approach to subjects like change, teamwork, collaboration, conflict and communication!

She has cultivated an ability to identify patterns, diagnose the gaps, and establish a workable solution. She is experienced in taking large complex problems and breaking them down into bite-sized, achievable nuggets.



She is obsessed with growth and development and wants to spend her life showing others that they are limitless, and it all starts from within.

To book Monique or inquire about services, please visit www.MoniqueHelstrom or email Monique@MoniqueHelstrom.com.

I help people change their view of change.