

● INFECTIONS PASSION AND TANGIBLE SOLUTIONS ●



Monique Helstrom - Speaker

Some speakers inspire, and some give you theories or opinions, but they don't always give you tangible steps to achieve your goals.

In my keynotes and workshops, you will walk away with actionable and realistic steps to turn your aspirations into meaningful and lasting change.

Over the past 22 years, I have coached talented humans, built solid organizations, elevated struggling teams, and ignited essential relationships. I have toured internationally, delivering vital content to individuals and organizations, large and small. With nearly a decade as the Executive Assistant, Producer, and “Chief of Simon Sinek,” New York Times Best-Selling author and TED celebrity, Monique learned the power of active communication, empathetic leadership, and taking ownership of oneself.

With a heavy focus on self-awareness, accountability, and responsibility, your audience will walk away with skills they can implement immediately. I offer unique perspectives, charisma and energy, real-life solutions, and a glimpse into the untouched power they always knew they had.

★★★★★ “Monique is a prospective offerer, a finder of hidden potential, “a bold truth-teller, a communication champion, a strengths finder, a pattern identifier, and an evolutionary guide.”

TOPICS INCLUDE

- ✓ Communication & listening skills for individuals and teams
- ✓ Feedback & hard conversations
- ✓ Self-awareness, external awareness, and confidence building
- ✓ Executive presence
- ✓ Advanced skills for Administrative professionals
- ✓ Workaholism
- ✓ Creating powerful partnerships between executives & assistants



Inspirational & Storytelling

Hear no-holds-barred stories that'll make you laugh, make you think, and make you want to cultivate your better life.



Skill Building & Practical Tips

Receive actionable, relatable, and pragmatic solutions to common problems that you can implement today.



Vulnerability & Passion

Feel all the feels as I give you an unadulterated look into human nature and all the messiness that comes along with it.

For inquiries, email Monique@MoniqueHelstrom.com



A dynamic and passionate speaker, Monique is able to captivate and awaken audiences by speaking candidly about the real issues plaguing the workforce today. Monique's innate ability to connect with people on a deeper level inspires not only momentum but confidence and action to reach your fullest potential.

— **Emily Burley, former President, Executive Leadership Support Forum**