



BIOGRAPHY

After 12 years of building humans and organizations in the corporate world and small businesses alike, plus almost a decade as the Chief of Simon Sinek, New York Times Best-Selling author and TED celebrity, Monique has had unparalleled experiences and gained unique perspectives from all walks of the globe. As an expert on communication, human skills, personality types, performance enhancers, skill building techniques, leadership methods, and ways to motivate, she's gained a practical understanding of how to achieve ultimate success for those working within a duo, team, department, or organization. She is experienced in taking take 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.