



## BIOGRAPHY

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

With a strong “Type-A” and achieving personality style, Monique historically found it difficult to relate, collaborate, and communicate with others who didn’t share the same skills or personality style. She failed to truly understand and accept her own strengths and weaknesses, and, as a result, didn’t know how to share these gifts with others. This lack of self-awareness and accountability blocked innovation, stalled relationships, and complicated her personal and professional success.

Through years of research and an increased understanding of human nature, she now understands that it’s the power of our individuality that powers our partnership with others.

As an expert on communication, human (not “soft”) 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.

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 thought leaders, executives, middle managers, educators, social activists, and military, as well as the supportive 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.

She has cultivated an ability to identify patterns, diagnose the gaps, and establish a workable solution. 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](http://www.MoniqueHelstrom) or email [Monique@MoniqueHelstrom.com](mailto:Monique@MoniqueHelstrom.com).