



## Monique Helstrom

Monique is committed to making sure that those around her live a life full of meaningful experiences. She dedicates much time and effort making sure every detail is sorted, every problem finds a solution, and ensuring every person understands how important their role is in making great things come to life.

Working alongside and traveling with New York Times Best-Selling author and TED celebrity, Simon Sinek, Monique is the “How Girl” to this “Why Guy.” With the official title of Chief of Simon & Executive Producer, Monique works passionately to help build, organize and execute on the vision that Simon espouses - a world in which the vast majority of people wake up every single day inspired, feel safe at work, and fulfilled at the end of each day.

Though she’s always had an incredible work ethic, there was a time in Monique’s life when she did not realize how important her role was in making great things happen. Through finding her purpose, her WHY, she went from “doing stuff” to “being someone.” She now shares her experience and perspective shift with other executives and executive assistants, helping them each understand the importance of their own contributions.

Her skills are put to the test domestically and globally, working with an array of people focused organizations – from corporate, to non-profits, police forces, Universities, government, U.S. Ambassadors and members of congress.

Monique brings more than 14 years of experience as an event planner and professional organizer and 6+ years as Chief of Simon. She knows that inspiration only comes to life if there is a good process to back it up. If the angel is in the details, then Monique is that angel.

To learn more and see Monique in action visit:

<https://startwithwhy.com/igniter/moniquehelstrom>