

CATALOG

VOL. 1/2022

MM SPEAKING, TRAINING, & COACHING



BE THE
CHANGE YOU
WANT TO
SEE

Practical, skill-building training courses that are customized to your organizational needs. Your people will leave these workshops with skills that can be immediately used in both their personal and professional life.

LET'S CHAT!



I Got Your Six!

My mission is to rid the world of boring presentations and assist individuals on their journey to becoming the best version of themselves. Ready?

Mishon Montgomery

AWARD-WINNING MOTIVATIONAL SPEAKER & TRAINER



SHOCKING • FUNNY • REAL
KEYNOTE • TRAINING • COACHING



MOTIVATIONAL GURU
MASTER RESILIENCE TRAINER
LIFE TRANSFORMATION EXPERT
LEADERSHIP DEVELOPMENT PRO
CERTIFIED DIVERSITY & INCLUSION COACH



MISSION: TO RID THE WORLD OF BORING PRESENTATIONS!

- Mishon
Montgomery

COURSE LISTING

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(CONSCIOUSLY ADDRESSING YOUR UNCONSCIOUS BIAS)

HOW DO YOU SEE THE WORLD?

Did you know that your view of the world is driven by a "hard-wired" pattern of making unconscious decisions? Using a unique combination of humor and education, we will audit our personal biases, learning how they are formed. Walk away with practical tools to create a more respectful and inclusive environment.

RESILIENCE...IT'S A SUPERPOWER!

Incorporate resilience into your personal & professional life. Leave this course with the ability to better manage stress, increase your optimism & optimize your wellbeing!

Bring your cape, it's a SUPERPOWER!



THESE WORKSHOPS CAN BE CUSTOMIZED TO MEET THE SPECIFIC NEEDS OF YOUR TEAM.



MINDSET MATTERS

The way we think about our intellect & talents affects the way we feel, what we achieve & whether we stick to new habits. Together, we will learn the skill of mindfulness, enhancing your basic human ability to be present, in the moment, on purpose.

LEADERSHIP IS **NOT** LIKERSHIP

Arm yourself with an understanding of the different styles of leadership that are available to boost your effectiveness, not just your likeability - there is a difference.



EFFECTIVE COMMUNICATION 101

Elevate your communication abilities by going back to the basics, exploring theories & navigating through the barriers of effective communication.



INSPIRATIONAL LEADERSHIP THROUGH EQ - THE GOOD NEWS!

Tap into your EQ, helping you become an inspirational leader. Increasing your personal EQ increases your team's morale & collaboration. What's the good news? Book now to find out!

PUT IT IN PERSPECTIVE

Learn a combination of techniques designed to help you create a different way of looking at a situation, person, or relationship by changing its meaning. Use these skills to lower anxiety so that you can accurately assess situations and act based on evidence.



NOT YOUR AVERAGE VISION BOARD PARTY

Together, we will create a space to be empowered, motivated and uplifted as we co-create visions of equality!



THE WELCOMING TABLE: *EVERYONE'S INVITED*

Open conversation on various topics spanning Diversity & Inclusion in a safe space where your team is comfortable discussing & expressing their views. We will learn, network & share experiences in order to grow as leaders and mentors.

BYSTANDER INTERVENTION - WHERE'S YOUR LINE?

Examine how a range of harmful actions & behaviors shape our environment & how lack of action sends the unintentional message of tolerance. We will ID harmful behaviors along the continuum, offering realistic strategies to address, helping cultivate healthy climates & professional environments.



ENTHUSIASM MAKES THE DIFFERENCE

You can't light a fire with a wet match! Motivate others by understanding their extrinsic and intrinsic motivators and being "enthusiastic" in your approach.



INTERSECTIONALITY & RESILIENCE: HEALING IN THE MIDST OF THE STORM

Learn practical ways to begin the journey of healing, while living in the midst of societal unrest. Reflect on the complexities of individuals' lived experiences, identify personal practices that are best suited for your unique factors, and learn how to find calm in the midst of chaos.

VALUE-BASED LIFE

Book a workshop that is guaranteed to be fun, energizing, interactive, rewarding and productive. Whether your goal is to develop a strategic plan, team building, or work on a specific project, we will partner with you to create a memorable, results-oriented experience that leaves you and your team prepared to achieve more.



TUNE-UP YOUR TEAM DYNAMICS

Is your team running like a well-oiled machine or is it time for a tune-up? Boost your team's productivity, creativity and morale by exploring the foundations of a TEAM!

WORKSHOPS

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CUSTOMIZED WORKSHOPS

Book a workshop that is guaranteed to be fun, energizing, interactive, rewarding and productive. Whether your goal is to develop a strategic plan, team building, or work on a specific project, we will partner with you to create a memorable, results-oriented experience that leaves you and your team prepared to achieve more.

VIRTUAL TRAINING

Despite the current state of the world, education and development must continue on, now more than ever. That's why all of the courses are designed for presentation both in person and virtually. ***Virtual presentations do not include workbooks or many of the interactive exercises.***



THESE WORKSHOPS CAN BE CUSTOMIZED TO MEET THE SPECIFIC NEEDS OF YOUR TEAM.

SPEAKING

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KEYNOTE

SHOCKING | FUNNY | REAL

Dynamic speaker ready to help your audience increase their knowledge on multiple topics from leadership & communication to unconscious bias & resilience.

EXPERT PANELIST

Available as keynote or expert panelist for the following topics (or similar):

Diversity, Equity and Inclusion
(Unconscious Bias)

Leadership

The Science of Resilience

Emotional Intelligence

Communication

Mission and Vision



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What People Said!



Joy McJoy
@joyinrealty

Amazing Seminar!

Mishon is a phenomenal speaker. I enjoyed the content and her humor. I highly recommend bringing her in to facilitate anything!

#amazingseminar #joyinrealty