

# Mishon Montgomery



*Speaker | Trainer | Coach  
Motivator & Mentor*



## About Me

Enthusiastic leader and veteran who shares her passion for developing others through public speaking, training, and coaching. An eternal optimist, marveling in the deliciousness of life.

## Speaking Topics

### How Do You See the World?

- Define & classify unconscious bias
- Apply practical tools to help create a workplace that embraces DEI culture

### Effective Communication 101

- Discover your communication style and improve relationships
- Gain tools for communicating effectively

### Resilience...It's a SUPERPOWER!

- Learn how to increase your optimism & optimize your wellbeing
- Incorporate resilience skills into your daily life

### Mindset Matters

- Learn how to practice the skill of Mindfulness
- Enhance your basic human ability to be present
- Recognize the link between beliefs and success

## Client List



*Get in Touch*

- AWAG, 2023

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## Testimonial

*"Mishon, WOW! You have a true gift. Your energy is explosive. I just wanted to be in the same room as you. I have been to many conferences and yours was one of the best!"*

