



Mishon Montgomery

*Speaker | Trainer | Strategist
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



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!"

- AWAG, 2023

Get in Touch

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