



Helen Monument

She is passionate about sharing her experiences with like-minded professionals across the world as a Mentor, Coach, Conference Speaker, Trainer and Writer. Her goal is to 'pay it forward' by inspiring Assistants to be the best they can be.

Helen says "I would not be in the position I am today if it had not been for IMA and the growth and development that I achieved while actively serving the association. It was the best leadership training I ever experienced".

Helen holds the Professional Certificate of Management from the British Open University Business School. Helen speaks at international conferences for Assistants on a variety of subjects relevant to the profession, including:

- Leadership Skills for Executive Assistants
- What to do when the sky falls? The Art of Resilience
- "This is a Man's World?" Surviving in a male-dominated industry
- Innovative Thinking for Executive Assistants
- Quality Decision Making

Mentoring

Helen has created a mentoring programme "Secrets of a Successful Assistant" aimed at Assistants who are looking to enhance their professional development by sharing their experiences and learning from each other.

Coaching

Helen offers one-to-one confidential coaching sessions, empowering Assistants to take control of their career.

Training

Helen offers interactive workshops for Assistants on a variety of subjects

Contact:

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