



**Conversation's**



**Commitments**



**Choices**

**Christine Monaghan**

author / writer+columnist / podcast host /  
leadership consultant business, accountability coach  
stress solutions

<http://christinemonaghan.com>

<http://stressisoptional.net>

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If you are interested in influencing your audience to source more of their inherent, optimum potential and stress/ess, then let's have a conversation about an article or column to do just this! My content focus is based on proven success principles, techniques and powerfully simple tools which are implemented through mindful conversation's, commitments and choices. My areas of expertise in content creation include:

- ✓ Uncertainty and Change: Close the Gap on Stress to Goal-Achieve
- ✓ Success Principles: Trade-In Worn-out Habits to Goal-Achieve
- ✓ Close the Mindset Gap: Goal-Set to Goal Achieve
- ✓ MasterPlan ABC: Slow Down to Move Ahead to Goal-Achieve
- ✓ The 3 C's of Communication: Close the Gap on Stress to Goal-Achieve

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### Christine Monaghan / Notable Highlights

- ✓ Speaker, Canadian Professionals Human Resources Assoc. B.C.
- ✓ Success Coach, International Success Institute, eWomen Network
- ✓ Podcast Host, Entrepreneur Conversations/100k+ downloads
- ✓ Author HeartBroke, One Entrepreneur's Journey from Near-Death
- ✓ Negotiated W.V. summer concert series, Sheryl Crowe/Bob Dylan
- ✓ Negotiated Panasonic, W. Vancouver 2010 Winter Olympic sponsor
- ✓ Created national self-development series / Indigo stores / 300 experts
- ✓ Negotiated, produced inaugural Van. Molson Indy / \$500K VIP catering
- ✓ Negotiated, produced food/beverage Hydroplane Races / 80k attendees
- ✓ Co-produced Van. Snow Show/ 30k+ attendees/\$275k+ media sponsors
- ✓ Produced YVR International Terminal Dignitary Dinner/ \$250k+ sponsors
- ✓ Produced BC Wine Institute annual 4-day international media wine tour
- ✓ Produced province-wide annual BC Micro Brewery liquor store campaign
- ✓ Trainer: C-Suite Executives, entrepreneurs, teams of individuals
- ✓ Training: Jack Canfield's Success Principles; Bob Proctor, mindset programs; Coaching from Spirit Institute, BCIT
- ✓ Creator, national four-city personal-development series (300+ experts)
- ✓ National revenue-generating campaign creation, implementation
- ✓ World-class sponsorship procurement
- ✓ World-class event production (80,000+ attendees)

Bio / Christine is a human-potential champion focused on Stress Solutions for Well-Being. She believes *stress is optional* and when identified and understood can be utilized to source optimum performance all life areas. Others describe her as the *master motivator and influencer to tap into the next best version of you*. She works with individuals and organizations to create a solutions-focused approach by shifting focus from what they don't want to what they do want. She utilizes her training in proven success principles - a simple, powerful system for mindful commitments, conversations and choices. Influencing others to replace stress by shifting unhealthy problem-based habits for a solutions-based mindset is her goal. Increased engagement, well-being, productivity and collective prosperity is the cultivated outcome in all life areas, daily.