

Mooniek Seebregts

Speaker. Coach. Leader.

Certified Master Coach Leader, Mooniek Seebregts, is honest, down-to-earth, hands-on, and spontaneous. She is committed to and passionate about Personal Leadership, the most essential part of leadership. Her knack for seeing possibilities and options powers her deep understanding of individual motivations and underlies her insight into keys for great teamwork. She has a good eye for existing and emerging patterns.



Mooniek's inspirational presentations are interactive and engaging, and audiences say that they feel heard. Born and raised in the Netherlands, she brings a delightful European point of view to her speaking engagements.



Mooniek's Popular Presentation

HOW TO STRATEGICALLY LEAD OTHERS INTO THE FUTURE LIKE A HERO!

Through spell-binding tales from her 5-year sailing journey on the oceans to insightful stories about her hero Captain Cook, Mooniek brings to life the keys and concepts for effective and strategic leadership. Focusing on personal leadership, attendees will learn how to set and follow direction for themselves and others, commit to innovative thinking, contribute to inspiring visions, and where to not take responsibility. Mooniek will also cover these applicable takeaways:

- The 5 indispensable elements that accelerate personal leadership
- The 4 wicked ways to create obstacles
- The 1 key to increase day-to-day impact

“Many thanks for a FANTASTIC PRESENTATION. It was fascinating and I am sure you noticed that you ENCOURAGED lots of THOUGHT and great conversation! Thank you for all of your time!”

*Theresa Wheat,
Sacramento NAPW Chapter President*

Book Mooniek to speak at your event!

CALL
916-812-8012

EMAIL
contact@centerofinnovationforleaders.com

VISIT
centerofinnovationforleaders.com

[f](#) centerofinnovationforleaders

[in](#) mseebregtsinnovativeleaders

[t](#) mooniekforleader





“Mooniek was a good speaker. Great presentation.
WE GOT SO MUCH OUT OF IT!”

*Scott Comer, Healthcare Human Resources
Management Association of California*

“Mooniek led an **ENLIGHTENING** and **EMPOWERING** conversation on the process of leadership, giving our participants the opportunity to explore what personal leadership is. By giving the group a chance to share their thoughts on critical leadership issues, Mooniek facilitated an **ENGAGING ATMOSPHERE** where we learned from her and each other. It was a great!”

*Gurbax Sabota, President/CEO of
CA Association for Local Economic Development and
Executive Director of CA Academy For Economic Development*

Mooniek's Additional Presentations

WHAT WE NEED TO KNOW BEFORE WE BECOME FAMOUS!

Becoming famous requires shifts in ones personality and mindset, actions, beliefs and perceptions

In this presentation you will learn:

- It takes a leader to manage the stresses that come with becoming more of a celebrity in your industry so that you can maintain your cool while stepping into your greater self at the same time
- Walk away with how to rule your personality instead of it ruling you.
- Discover the 5 keys to avoid getting stuck in your desire for success
- How to be in integrity with who we desire to be at all times, regardless who is watching
- How to take responsibility for all the actions, thoughts and feelings
- How to make better and effective decisions and choices without letting our emotions get the best of us

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THE THREE QUALITIES OF AN EFFECTIVE LEADER: FOR WOMEN

In the past, women often have taken a lesser role in the workplace and have not invested in their own female power. That is changing. Women are stepping up in every industry and every walk of life. It is empowering to see, yet we don't always know how to get there and how dive into our own personal power and our own leadership style. In this presentation you will learn the 3 qualities of effective female leaders. You will see the qualities of great female leaders and how you have these qualities too. You will own the leader inside you and will know how to express it to the world with power.

- Three qualities of effective leadership for women
- How to own the leader inside you
- How to express yourself to the world

MOONIEK HAS SPOKEN FOR (PARTIAL LIST)

2015 Healthcare Human Resources Management Association of California Annual Conference

Sacramento's Annual Personal Leadership Conference

California Association for Local Economic Development 36th Annual Conference

National Association of Professional Women Chapters

Better Business Bureau serving Northeast California

Sacramento Speaker and Entrepreneur Network