

Mooniek Seebregts

Speaker and Thought Leader on Leadership

A candid, down-to-earth, and spontaneous leader, Certified Master Coach Mooniek Seebregts is committed to bringing Personal Leadership, the most essential part of Leadership into workplaces, schools and universities.

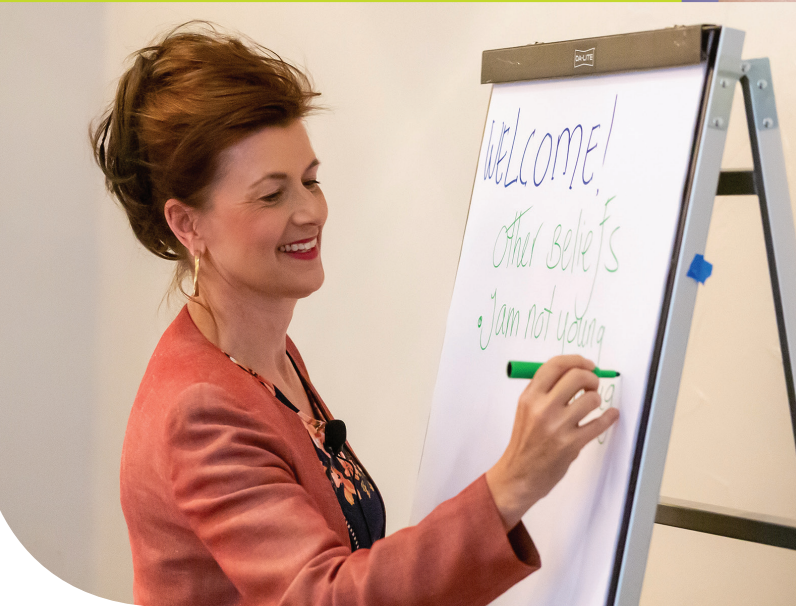
A passionate, hands-on trainer, Mooniek has a gift in seeing new possibilities giving her a deep understanding of individual motivations and key insights of the inner workings of teams or student communities.

Mooniek's inspirational presentations are interactive and engaging: energized audiences often share how they leave feeling heard. Born and raised in the Netherlands, Mooniek brings a delightful European point of view to her speaking engagements.



“ Mooniek — 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*



“ As a content leader for Elevate, Mooniek was an **important part of shaping our participants' conference experience!** We cannot thank Mooniek enough for her **willingness to jump in on short notice to lead a second session.** Overall, the **evaluation ratings from participants were outstanding.**”

*Gina Sutherland, CMP
California Society of Association Executives*

**Book Mooniek
FOR YOUR EVENT**

CALL 916-812-8012

EMAIL contact@centerofinnovationforleaders.com

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“ 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, CA Association for Local Economic Development and Executive Director of CA Academy For Economic Development

Mooniek's PARTIAL ENGAGEMENT 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

Mooniek's MOST POPULAR TOPICS

FROM STRESS TO LEADERSHIP!

People who understand how to turn/change stress into leadership skills are great in any team! Mooniek helps attendees understand that with Personal leadership they can set direction for themselves and others, commit to entrepreneurial thinking, contribute to inspiring visions and innovate responsibility. In this engaging presentation, attendees discover:

- 3 biggest mistakes people make when stressed
- 5 pillars of Personal leadership
- How to effectively deal with conflict and overwhelm

4 KEYS TO AVOID GETTING STUCK IN YOUR DESIRE FOR SUCCESS!

Wanting success requires a shift in mindset, action, beliefs and in how we perceive others! Mooniek brings a unique perspective in a fun presentation, in which attendees learn how to:

- Maintain your cool while stepping into your bigger self
- Rule your personality instead of it ruling you
- Be in integrity with who you desire to be at all times, regardless who is watching
- Make better and effective decisions without letting our emotions get the best of you

3 QUALITIES OF THE EFFECTIVE WOMAN LEADER!

In the past, women often took a lesser role in the workplace. That is changing. Women are stepping up in every industry and every walk of life. While it is empowering to see others do it, we don't always know how to own our personal power and our own leadership style.

In this presentation, Mooniek brilliantly describes not only the most important qualities great, effective female leaders but also teaches women how to bring out the leader inside her and express it with the world!

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