

EMPOWERMENT Series

CREW Pittsburgh Women Get Real.....
Be Empowered, Build Confidence & Update Your Career

Tuesday, February 27, 2018

11:30am - 1:30pm

Omni William Penn Hotel

Lawrence Welk Room • Mezzanine Level • 530 William Penn Place • Pittsburgh, PA 15219

\$45 Members • \$75 Non-members

[Visit www.crewpittsburgh.org to register](http://www.crewpittsburgh.org)

In this inspiring and fast paced presentation, learn how to delete negative thinking, focus on your strengths and be immune to criticism all while fearlessly leaning into the bigger opportunities and becoming a force to be reckoned with! Coach Monique will empower you with tools, techniques and strategies to help you experience real change in real time.

This program will be the first Empowerment Series program of the year. Throughout 2018, we will bring our CREW members other exciting topics which will continue to build upon the strategies and techniques that we kick off here.



Coach Monique DeMonaco, C.HYP, CPPD, MPMH, President at Coach Monique & Associates, Specializes in Emotional Intelligence (EQ) and Innovation-based coaching using easy to learn, easy to use and immediately relevant tools, techniques and education for positive sustainable change. She has a proven record of delivering change. She brings documented results of strengthening individuals to move forward in their personal and professional lives. Her work with clients is a fast paced, positive and forward facing option for those who want new skills, accountability and rapid change. She works differently than most coaches in that the goal is to educate and collaborate with clients for a relatively short period of time in order to achieve rapid results.

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For further information, please contact Alicia Smith, Chapter Administrator, 412.480.4959 or admin@crewpittsburgh.org.