

# Monica Staco

## Meet Monica

Monica Staco is an intuitive and compassionate coach who believes we are all capable of creating extraordinary lives. Monica spent 15 years in the corporate world helping clients drive organizational strategy, maximize executive and cross-functional team performance, and influence leadership development. Her experience spanned a wide range of industries from financial services, to retail, automotive, and consumer packaged goods.



Monica's leadership coaching career was born out of her own challenges and dedication to supporting her team in being effective leaders and contributors. For the past five years, she has coached people in building confidence, harnessing their abilities and strengthening their social and emotional intelligence. Monica holds a Master's degree in Transformational Leadership and Coaching, in addition to a Master's degree in Counseling Psychology.

In her spare time, Monica visits her family in Haiti, trains for triathlons and meditates.

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## I'M COMMITTED TO...

being a shining light in people's life.

## DO'S AND DON'TS FOR COMMUNICATING WITH ME

1. Be direct & honest
2. Don't ask me several questions at the same time
3. Don't ignore your own thoughts and ideas
4. Do give me context for your ask

## I WORK BEST WHEN...

I am part of a team whose members are dedicated to being their best, creativity and diversity are embraced, feedback is provided for my growth.

## WHAT MAKES ME SMILE IS...

smiles, hugs, my nieces dancing and laughing, kids playing, dogs running around.

## 5 WORDS THAT DESCRIBE ME...

warm, compassionate, courageous, change agent, connector.

## \_\_\_\_\_ HOLDS ME BACK FROM BEING AT MY BEST...

1. Belief that I'm too much for others
2. Focusing on being perfect and not making mistakes
3. Getting lost in details and logistics

## MY IDEAL DAY INVOLVES...

quiet meditation time, listening and dancing to upbeat music, connecting with people I love, drinking plenty of water.

## MY FAVORITE QUOTE...

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us"

– Marianne Williamson