



INTERNATIONAL

I work with organizations and leaders looking to enhance their cultural intelligence (CQ) so they can increase productivity, harmony, and team performance.

## Programs:

### Cross-Cultural Training:

- Equip individuals & teams to understand the impact of culture on communication, teamwork, & business procedures.
- Increase awareness & knowledge of the similarities & differences of cultural environments.

### Unconscious Bias Training:

- Thoroughly understand damaging stereotypes.
- Gain different interaction approaches with different groups.
- Cultivate a more critical thinking process and better decision-making habits.

### Country-Specific Training:

We provide comprehensive training on working and communicating with over 100 cultures. You can expect to learn:

- Cultural Values
- Demographics
- Communication Styles
- and more!

### Executive Cultural Coaching:

- Reduce stress & anxiety
- Improve relationships
- Create awareness

Contact Mona to inquire about more programs!

## More Mona: Podcast & Blog

Mona discusses various topics ranging from leadership to cultural awareness & interviews guests from all across the globe.



“Global Culture & Diversity; Learn, Understand, Succeed”

Mona shares her extensive knowledge about various communication and cultural nuances that are necessary for success in a global environment on her blog at [www.monalou.net](http://www.monalou.net).

