

mona
tavassoli.

- mompreneur
- speaker
- writer





about mona

Mona Tavassoli is a mother of two, a successful entrepreneur and has lived a life full of adventure. Mona prides herself in setting more and more challenging goals in every chapter of her life and in being able to achieve them. Throughout her life Mona has learned the secrets of how to set ambitious goals and how to make them a reality. This adventurous woman challenges herself on a regular basis, skydiving, climbing Mount Kilimanjaro, under the banner of "World Peace Through Women's Empowerment", and even fire walking.

Mona is the CEO and founder of Mompreneurs Middle East, a B2B platform that caters to female entrepreneurs in the Middle East and enables them to promote and grow their businesses. The organization believes in women's empowerment in the region through entrepreneurial education and mompreneurship.

Mona strives to educate women to raise thriving families and build successful businesses through self-mastery and self-discipline. Mona has been featured across a number of different publications and media outlets including: Sky News Arabia, Dubai Eye Radio, SME Advisor, TEDx UOWD, Arabian Business, The Entrepreneur, The National and many others.

Mona's research has taken her right across the globe, and she has studied under numerous experts and mentors. She has taken part in programs led by all the greats, including Tony Robbins and Brian Tracy to name a few. She is an NLP practitioner and has combined her learning from all of these numerous sources into a refined program that has one single purpose: How to Have it All: Mastering and Optimizing Energy and Time Management.

book mona to speak at your next event

From Keynote addresses to corporate seminars, Mona's entrepreneurial experience, knowledge of the regional market, as well as her close ties to the community, make her uniquely suited for sharing with the audiences big and small, her expertise in supporting the community of entrepreneurs specifically mom entrepreneurs and how that relates to any business. Mona also runs full day workshops, about "Having it All" through Time and Energy Management for corporates and business owners.

Three main areas that Mona speaks in include:

- How to Have it All: Mastering and Optimizing Energy and Time Management.
- Entrepreneurship
- Women's and Mother's Empowerment



YOU CAN HAVE IT ALL

enhancing productivity through self-actualization

This is Mona's Signature topic which can either be delivered as a one hour Keynote speech or a full day workshop. As a mother of two young children, and a successful entrepreneur, Mona has mastered Energy and Time Management to be always at her Peak State to achieve more in her day. She believes that entrepreneurs and employees can achieve a lot more in a day by mastering these skill. She shares the following concepts in this workshop:

- Defining "HAVE IT ALL"
- Mastering Time Management
- Optimizing Energy: The 4 layers of Energy
- Mastering the art of Goal Setting

Having it all is a journey not a destination... you can "have it all" right here, right now... regardless of what's happening in your life.

Workshop Type: Self-mastery and Practical

Workshop Duration: 1-2 hour Discovery Session or Full Day Workshop

Audience: Entrepreneurs and Employees

"Mona Tavassoli is one of the region's best-known entrepreneurs in terms of her commitment to the role of education in the commercial mix and her relentless support for the Empowerment agenda. I have worked with her on a number of occasions, and personally learned greatly from her skillful preparation and market awareness."

-Paul Godfrey, Head of Content - CPI Business

"Mona is a brilliant speaker keeping her audience engaged at the inaugural TEDxUOWD talk... She has captivated the attendees on more than three occasions in her engagement with her university leaving us with an appetite for more."

-University of Wollongong in Dubai

"Mona is such an inspiration! She is one amazing person who believes in empowering woman! Her passion made dreams come true. Mona made a difference in my life and I'm so grateful! "

-Chantel Rijtma - Super Nanny Middle East

"Mona has been extremely helpful and has so kindly shared her knowledge with us. She's so inspiring!"

-Nayab Omer – Pret a Party





featured in



UNIVERSITY OF WOLLONGONG IN DUBAI



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