



Helen Monument inspires and encourages Assistants to be the best they can be, by sharing 30 years of experience as a management support professional. Helen has worked at international companies including Dow Chemical, Progress Software and Shell. Her career has taken her through many roles, from Secretary to Office Manager and Business Support Team Leader, so she understands the profession inside out. At Monumental Assistance Helen offers Coaching, Mentoring and Training to assistants at all levels and is a stimulating, knowledgeable and entertaining conference speaker.

A former Executive Chairman and Association Secretary of EUMA - now IMA (International Management Assistants) Helen is passionate about giving back to the profession that created so many wonderful opportunities for her to grow and develop by 'paying it forward' all over the world by helping others to become Monumental Assistants. She describes her time at the helm of IMA as being one of the greatest learning experiences of her career. "...this was where I learned what it means to lead. Running a voluntary organization with 1500 members from 25 countries taught me all about cross-cultural communication, teamwork, delegation, motivation and problem-solving – to name just a few. It also required me to grow many other necessary skills like tact, diplomacy and patience."

As Executive Chairman, Helen attended the World Administrators Summit for the first time, in London in 2003, she described it as "A real eye-opener. To see the potential of Admins across the world speaking with one voice to improve the profession at all levels."

In 2018 Helen was invited to be one of the three facilitators at the 10<sup>th</sup> WA-Summit in Frankfurt, Germany. "It was a unique and valuable experience, to see how much progress the WA-Summit has made" she says, "It was an honour to connect with global peers and to contribute to the actions that will lead to real change for those in our profession. It was such a pleasure to experience the community being so united."

British-born Helen lives in The Netherlands and spends her free time reading, walking and enjoying culinary delights served up by her husband Robert.