

Monique Pearson

SWOLE
SOARING WITHOUT LIMITS

"INTERNATIONAL KEYNOTER | BESTSELLING AUTHOR | MINDSET COACH | TRAVELOGIST

"Just as a ship needs a destination, your dreams need goals. Set them, nurture them, and soar beyond limits." -Monique Pearson

Widely regarded as one of the most empowering voices in motivational speaking today, Monique Pearson is a highly sought-after international keynote speaker, best-selling author, mindset coach, and travelologist. Leveraging decades of professional experience as an army veteran, federal employee, and travel enthusiast, Monique is on a mission to impact audiences and train women leaders of businesses, corporations, and organizations worldwide to set aside self-imposed limitations and confidently lead in predominately male industries and environments. She has helped countless women overcome mental blocks and fears to activate their professional, personal, and travel goals.

She is a compelling thought leader dedicated to supporting the personal and professional empowerment of high achievers around the world. She hosts robust retreats to help women conquer post-traumatic stress disorder, overcome obstacles, and embrace strength and resilience. She is the author of "Take That Trip Girl! The Ultimate Bucket List Journal" and the forthcoming Author of "Joy 365: A Devotional for Joy Restoration, and Soaring W/O Limits A Guide to Elevating Your Thought and Transforming Your Life."

Monique Pearson is a global mindset coach, travel strategist, Army veteran, and the visionary behind the transformative Beyond the Diagnosis: Stories of Living and Thriving anthology and conference. As the founder of Soaring W/O Limits Enterprises (SWOLE), Monique empowers women to break self-imposed limitations, reclaim their confidence, and boldly step into purpose through mindset coaching, international retreats, and her acclaimed Triple E Podcast.

A Presidential Lifetime Achievement Award recipient and recognized as one of the 2025 Top 20 Women in Business by MSP News Global, Monique's work is rooted in service, advocacy, and the belief that every woman deserves to live without boundaries. Her mission is to amplify women's stories—especially those navigating autoimmune disorders—and create spaces where healing, leadership, and transformation collide.



SPEAKER TOPICS

- The 5 Principles of Leadership Specifically For Women in Male Dominated Fields
- Keys for Women to Identify and Overcome Implicit Bias to Achieve Professional Goals
- Shattering the Silence: How to Fulfill Your Dreams with An Autoimmune Disorder

BOOK FEATURES

- Top 20 Women in Business by MSP Global News
- Bold Journey Magazine
- Authority Magazine
- Women's Journal



BOOKING DETAILS

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