

# Monica Sauls

## Biography



Human resources leader, speaker, author, career coach, and workforce strategist, Monica Sauls, is the co-founder of The Center for Career and Life Transitions (CCLT.) CCLT is a training, coaching, and consulting group that helps people in transition leave **Anxiety** behind, establish **Balance** and move forward with new-found **Confidence**. CCLT offers career-development and life-skills advice, self-discovery assessments and tools to support positive change.

Monica's career spans over fifteen years, embracing all facets of human resources (HR), change management, and career development. As a corporate HR leader for Fortune 500 companies across diverse industries, Monica has written more than two hundred corporate manuals and career-development programs, which have helped all levels of professionals, from entry-level employees to executives, thrive in the midst of complex career challenges. Whether she's coaching a manufacturing executive to successfully rebound after a difficult assignment that almost cost him the only job he loved or developing a retail store manager to achieve higher levels of leadership, Monica has led people through daunting and rewarding work transitions.

Monica is currently a Sr. Leadership Development Manager for Boeing, the world's largest aerospace company, where she creates enterprise-wide global leadership development strategies and oversees the design and development of senior executive and manager development curricula. Prior to joining Boeing, Monica held training and leadership development roles for Walgreens, global manufacturer Ingersoll Rand, Sears and Edward Jones.

Monica has a Bachelor of Arts in Psychology from Southern Illinois University at Edwardsville and a Master of Arts in Human Resources and Industrial Relations from the University of Minnesota.

Voted a Human Resources GAME CHANGER in 2013 by *Workforce Magazine*, Monica is recognized as a member of "an elite group of young, dynamic HR thought leaders and practitioners who are helping to reshape people-management strategies around the globe" As a founder and content contributor for CCLT, Monica helps people in this country and abroad cross safe and sturdy bridges as they move from one stage of their lives to another.

Monica also serves as a board member and president for the St. Louis affiliate of *HR People and Strategy (HRPS)*, a national, strategically focused network of HR executives who represent the world's most prominent organizations.

Monica is the go-to expert on all things career and is frequently interviewed by local and national media on the topic of career development.