



Monica Knight Ph.D.

Early in her remarkable career, Dr. Monica Knight was reluctant to describe herself as a motivational speaker, feeling this implied that she knew the right way for others to embrace the joys of life.

Now, after years of plentiful evidence and positive feedback that her words, personal examples and unique presentation style have inspired and motivated individuals of all ages, groups and communities – she has embraced this gift and acknowledges that, when many sing her praises...

*transformer
invigorator
mobilizer
co-creator
redesigner*

everyone needs "a little bit of Monica in their lives"!...



- ★ To make your **gathering** ROCK
- ★ To ensure **conference delegates** learn from the powerful delivery, not the PowerPoint!
- ★ To turn the "should" of rejuvenation in your **community** into the "could" of action
- ★ To move your **team-building** into high performance

Whether being awed by Monica's compassion at one of her at risk **youth projects**, experiencing her speak at a conference on **economic development**, or joining her as she dances joy at a **women's or senior's workshop**, you will be struck by the authenticity, sheer dynamism and oratory gifts of this unusual academic.

Monica is an experience! She dances her presentations, makes people do and learn things that they never imagined themselves doing or learning. She is one of the most creative teachers I have ever witnessed in my over 40 years in education. Her audiences/ students always leave energized, invigorated and astounded at the experience.

– Cyril Kesten, Ph.D.,
Professor of Education,
University of Regina

For more information or to book Monica

www.shosholoza.ca | (250) 802-4313 | monica@shosholoza.ca



Ubuntu TEAM BUILDING

A SIGNATURE SHOSHOLOZA! FULL-DAY WORKSHOP
YOU CAN ALSO CHOOSE FROM THESE FOUR
SIGNATURE SHOSHOLOZA! PRESENTATIONS:

DANCE TO THE BEAT OF YOUR OWN Drum

Conferences
Senior's & Women's Groups
Cultural Agencies
Youth & Helping Professions

Through music, dance and her own brand of humour, Monica takes the audience on a magical mystery ride and exposes the personal beliefs that keep us clinging to safe routines, bad habits, and disempowering attitudes. Once she has 'shone a light' on the truth of who we are as human beings, she inspires participants to move forward in their lives by embracing change.

★ *Shosholoza is a South African folk song with a beat and chant that can be likened to the sound of a train moving ahead. It is a Zulu word meaning to push forward, endeavour or strive, and it evokes a sense of pride.*

PENSION Passion AND Purpose

Seniors
Retirees
OLDERpreneurs
Women's Conferences

Whatever your current path or desire, Monica will take you on a magical roller coaster ride to explore the potential of the latest chapter in your life. Monica is an OLDERpreneur, university lecturer and grandmother living her dream out on Gabriola Island, BC. She focuses on the reality of age discrimination and then, through a combination of music, dance and laughter, shows how she shattered stereotypes and obstacles to turn her vision into reality.

★ *Monica gives 10 indicators of how pension, passion and purpose guide older adults and seniors to thrive. This is the most exciting time of our lives as we now dance to the beat of our own drums!*

Diamonds ON THE SOLES OF YOUR SHOES

Women's Conferences

Are you looking for a rich look or exotic holidays, great wardrobe or stylish surroundings? Whatever you consider as "living the good life" is attainable NOW! Monica opens her closet of secrets – "when to save and when to splurge" in this hilarious high-energy presentation full of music, fun surprises, and inspiring stories from Thrift Stores to Safaris and Spas.

★ *"Diamonds" is inspired by earlier presentations: "Style on a shoestring", "Living the Good Life in The Paris of the Prairies", "From Johannesburg to Gravelbourg", and "Sisters are doin' it for themselves"..*

Thrive IN A Tribe

Economic Development
Small Towns
Multi-Partner Organizations
Entrepreneurship Training/
Support

The secret for transition or complete transformation is simpler than most of us think... "it doesn't take big grants, the perfect idea or years of planning to kick start change." Using intrapreneurship, Monica illustrates what it takes to successfully launch an idea, a solution, or an economic activity and move it forward. Based on her Ph.D. work and a proven track record, Monica skillfully weaves her presentation strategies for collaborative partners and groups to focus on common goals and realistic ACTION. This is the perfect opportunity for your community or organization to find its INSPIRATION, its SPARK, its FUTURE.

★ *Monica's concept goes to the heart of the South African roots of ubuntu: "alone you go fast; together you go further". Her successful, award-winning track record of following this path informed her Ph.D.*