



DOMINIQUE HOWELL

4X AUTHOR | **TRAINER** | **SPEAKER** | **COACH**

BIO

Dominique Peska-Howell is a Speaker, Consultant, 3x Author, Trainer, and a Certified Life Coach. She graduated from California State University of Fresno with a Bachelors in Health Science, with the option in Community Health, and obtained a Masters of Science in Leadership from Grand Canyon University. For the past 14 years, she has worked in private, public, and non-profit sectors in Health-Care, Education, and the Financial Services Industry (Real Estate & Life Insurance), where she has gained valuable experience in training & development, outreach education, grants management, strategic planning, program development & design, project coordination & management, and financial planning. She is the founder of Focus Leadership & Development, which focuses on increasing Passion, Productivity, Employee Engagement, and Leadership in the workplace. She is a compelling, uplifting speaker & trainer whose mission is to empower, and transform the lives of everyone she reaches by inspiring & motivating your audience into action. Her message is simple, use your time wisely, find your purpose & live in it everyday.

Thank you again for your training! Your compelling story, positive message, and practical approach certainly has made quite an impression on our employees. Our Deputy Commissioner said your presentation was "Top Notch". Keep up the good work!

~ CALIFORNIA DEPARTMENT OF INSURANCE, SACRAMENTO, CA



POPULAR SPEAKING TOPICS

- Leadership/Professional Development
- Career Development
- Time Management
- Productivity
- Goal Setting
- Financial Wellness

COMPANIES SPOKEN FOR



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