MONICA WHO?

MONICA CONNECTS…connects you to information, connects you to one another, and connects you to self. Monica D. Livingston brings her infectious energy regardless of interaction or circumstance to provide her audience with connection via dynamic energy and humor. Monica has the unique ability to engage and effectively communicate with everyone. She is the owner of Metropolitan CPR Training Academy; an ADHD and behavior management educator (as seen in the Washington Post On Being web series); a sought-after, inspiring motivational strategist; and former professional athlete. Monica was an all-star running back and two-time Hall of Fame nominee for the DC Divas, a professional women's tackle football team. After a devastating ankle injury and subsequent comeback season, Ms. Livingston retired in 2007. Monica currently serves as the Diva's color commentator, when she is not busy saving the world with her other ventures.

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