

DR. MONIQUE WELLS - TIME MANAGEMENT FOR COLLEGE STUDENTS BIO

Monique Y. Wells is a native of Houston, Texas and a long time resident of Paris, France. She developed an active interest in the theory and practice of time management when she found herself managing not only her consulting business in preclinical safety assessment; but also the editing of her travel-planning service's monthly newsletter, blog, and weekly restaurant review; and the promotion of her husband's book. The fear of being trapped in a social media "time sink" while using this powerful platform to promote the travel business and the book forced her to hone her time management skills. She now provides time management training and coaching; focusing on elements identified through surveys as being problematic for specific industries, and has recently polled college students to determine what their needs are in this arena. Wells is a "Certified Success Coach™" (Prime-Time Business Institute, Inc). Her article entitled "Time Management for Preclinical Safety Professionals" has been published in the peer-reviewed scientific publication *Toxicologic Pathology*, and her "Time Management for Travel Professionals" article has been published in *Black Meetings and Tourism Magazine*.