



Dr. Monica Dixon, Ph.D., R.D.

Professional Speaker,  
Trainer and Consultant

Monica A. Dixon, Ph.D., R.D. is a professional speaker, trainer, consultant and author with over 18 years experience helping increase the productivity of corporations, associations, schools and government agencies.

Dr. Dixon has expertise in communication, team building and women's issues. Her Doctorate in Psychology and Master's Degree in Counseling complement her years of experience as a health professional, university professor and researcher. She is also a Registered Dietitian, the only nutrition professional credential recognized by the medical profession.

Her main goal in working with any group or individual is to transfer the huge volume of research and new information we receive daily into memorable, exciting and down-to-earth practical advice that helps people better their lives and have fun doing it.

Monica is the author of *Love the Body You Were Born With: A Ten Step Workbook for Women* (Berkley: 1996), and *Walking the Tightrope: 101 Ways to Manage Motherhood*. She is a frequent guest on radio and television and her work has appeared in *Self*, *Marie Claire*, *Essence* and *Mademoiselle* magazines.

### [In her other life...](#)

Monica divides her free time between being in the mountains snowshoeing, backpacking or hiking or being in her sewing studio designing and sewing quilts, especially for those less fortunate. On rare occasions when he's home, she visits with her crazy and fun-loving Army officer husband of 31 years.