



Monica Adams-Quentin

122 Fischer Valley Drive
Imperial, MO 63052
636-215-0929

OPENING STATEMENT

A positive and confident personality blended with a strong work ethic. Able to coordinate multiple projects; can shift to cover a multitude of positions as needed. Strong communications, motivation, team building, liaison and leadership abilities.

LEADERSHIP EXPERIENCE

A solid reputation for upholding high ethical standards and realizing corporate goals and objectives.

EMPLOYMENT

The Real Monica Adams LLC-Talk show

Jan. 2023-Present

Host and Executive Producer

Spokesperson, Emcee, Auctioneer, Motivational Speaker

Spokesperson and Voice Over Talent

May 1997-Present

Multiple Organizations including but not limited to Grunt Style Foundation, Your Money Matters, Baker Pool and Spa, Beam of St. Louis, Lou Fusz Dodge, Feet For Life, Beam Central Vacuum, Woods Basement Systems

KSDK-TV-St. Louis, MO

Jan. 2020-Jan. 2023

Morning News Anchor/Entertainment Reporter/Traffic Anchor

KTVI Fox 2- St. Louis, MO

Nov. 2005-January 2020

Morning traffic anchor, fitness and entertainment freelance reporter

KMOX 1120

June 2005-May-2013

Health and Fitness Talk Show Host

Transformational Specialist and Life Coach

Jan. 1999-Present

Self Employed

Red Fitness Lounge Transformation Specialist/Wellness Consultant 2011-Present

RiverChase of Fenton Head Fitness Trainer (2001-2010)

Changes One Personal Training, Chesterfield Missouri (1999-2001)

Essence Healthcare**Fall 2007-Winter 2009**

Essence of Life Wellness Director;

Implemented a pilot program for medicare eligible seniors and those with disabilities to aid in their wellness. Managed, marketed and spearheaded multiple fitness classes at facilities throughout the Greater St Louis market.

AFAA Certified Personal Trainer/AFAA Weight Training Certification 1999**Streetscape Magazine****January 2007-2010**

Health and Fitness Columnist

WIL/WRTH/WSSM (Bonneville Int'l.) St. Louis, MO 1997-2005

News and Sports Director, Producer, Reporter, Anchor and Morning Show Host for WIL Morning Co-host and News Director 1430am WRTH
Morning Co-host and News Director 106.5 WSSM (January 2005-April 2005)

KDJR-KHAD DeSoto, MO 1996-1997

Host of a solo Country Morning Show, News and Sports Director and account exec.

**KTJJ-KJCF Farmington-Festus, MO
1993-1996**

News and Sports Director, reporter and anchor. Morning talk show host and sports reporter-anchor; covering the St. Louis Blues, Rams and Cardinals (would continue this for the next 12 years). Color commentator for high school football and baseball in the Jefferson and St. Francois County areas.

ACCOMPLISHMENTS**30 years of radio and television experience:**

Multiple Emmy awards for reporting and best morning show
Missouri Broadcasters Association Awards (1997-2005): Field Reporting,
Complete Newscast and Spot News
Associated Press Awards (1998): Story of the Month
Country Music Association Nominee: 2001, 2003, 2004; Major Market Morning
Show Personality of the Year
Academy of Country Music Nominee: 2002; Major Market Morning Show
Personality of the year (First time in St. Louis country radio history)

***ALIVE* Magazine February 2005**

Voted "One of the seven most single, successful, sexy women in St. Louis"

PROFESSIONAL AFFILIATIONS

Media partner: KSDK, KTVI FOX 2, WB11, City T.V.10 (1997-2005), St. Louis, MO
Freelance reporter with several of the TV stations on feature reports, one on one interviews with the top country artists during key sweeps periods and entertainment and field reports during morning news broadcasts.

American Federation of Television and Radio Artists member 1997-present

Volunteer for many non-profits. St. Louis and Festus, MO and Memphis, TN
1993-2005

Kilo Diabetes Foundation, American Cancer Society, Leukemia and Lymphoma Foundation, St. Joseph's Institute for the Deaf, St. Jude Children's Research Hospital, Habitat For Humanity, Boys and Girls Town of Missouri, Alternatives to Living in Violent Environments

EDUCATION

University of Missouri-Columbia and St. Louis-

Physical Therapy and Sports Medicine emphasis (transferred to St. Louis due to massive blood clot and had to be monitored in St. Louis for two years. Suggested to attend community college to finish electives for Sports Medicine degree)

St. Louis Community College-Florissant Valley, St. Louis, MO

Associate-Fine Arts/General Studies, 1992

GPA. 3.6 Major GPA: 4.0 Completed general studies with broadcast emphasis towards the end.

Broadcast Center, Clayton, MO

Broadcast Journalism, 1993

Excelled in news writing and editing. Respected by teachers and peers alike for production editing and talk show host capabilities. Targeted client-media relations in Sales and Marketing.

REFERENCES

Julie Myers
HealthCare Wellness Coach
314-420-6654

Michelle Harman
Talent Plus Model/Actress/Executive Assistant
314-574-2889

Steve Moore
CBS Radio Program Director
314-420-0194