

30 Day Rapid Transformational Experience

GIVE ME 30 DAYS AND I WILL GIVE YOU TRANSFORMATIONAL RESULTS.

This program is specifically designed to help you overcome:

What do you struggle with?

- Depression
- Self-Sabotaging Behaviors
- Emotional Blocks
- Weight Loss Struggles
- Physical Health Challenges
- Anxiety/Panic Attacks
- Fears/Phobias
- Sexual Issues
- Painful Childhood Struggles

What to Expect:

- Discover the 4 basic fears that are creating all of your problems
- Dissolve your emotional blocks
- Overcome your history
- Shift your thinking for a better today and rest of your life
- Gain the tools and support for continued positive change
- Create a quantum shift in your energy

What Will You Receive?

Three Sessions with Coach Monique

Three in person sessions that are 2-hours in length and spaced 7-10 days apart

Unlimited Support

Coaching support through text, phone, and email throughout the coaching experience

Customized Tools

Clients receive a customized transformational audio recording to support them daily throughout the coaching engagement and beyond



About Coach Monique:

A certified Emotional Intelligence, Executive Coach, and Life Coach, Monique serves business organizational leaders in providing coaching, corporate training, and effective business strategies. With a proven record of delivering culture change she brings documented results of strengthening individuals and groups to move forward with renewed focus, optimism, and clarity in their personal and professional lives.

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