

# Executive Coaching

EMOTIONAL INTELLIGENCE COACHING FOR  
SUCCESSFUL BUSINESS LEADERS

## *What do you struggle with?*

**This program is specifically designed for those who want to improve their:**

- Emotional Intelligence
- Ability to effectively manage a team
- Ability to bring cultural change
- Focus and optimism
- Clarity both personally and professionally

## What to Expect:

- Recognize the importance of relationships
- Be self-aware
- Convey confidence and command respect
- Recognize the importance of and possess the ability to positively relate to their workforce
- Communicate clearly and effectively; understanding the power of listening
- Motivate others and lead change
- Effectively manage stress and set appropriate boundaries

## What Will You Receive?

### Build Upon Your Strengths

Expand upon existing strengths and improve weaknesses

### Use Relevant Tools

Be equipped with easy to learn, easy to use, and relevant tools, techniques, and education to increase your EQ

### Apply to Real World Situations

Training is easy to embrace and apply to real world situations

## 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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