

# The Positively Life Changing Coaching Program

BECAUSE ON THE OTHER SIDE OF  
YOUR PAIN IS FREEDOM.

## What do you struggle with?

This program is specifically designed for those struggling with:

- Relationships
- Significant life changes
- Feelings of depression
- Anxiety
- Finding life's purpose

## What to Expect:

- Learn why your brain wasn't designed to make you happy and what you can do about it
- Discover the 4 basic fears that are creating all of your problems
- Delete negative thoughts, beliefs, and behaviors
- Stop self-doubt and self-sabotage
- Tear down your emotional obstacles and change your energy from living in the past to living in the future
- Set clear, attainable goals and learn the tools to achieve them

## What Will You Receive?

### Eight Sessions with Coach Monique

Each coaching session is 90-120 minutes in length

### 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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