

Power Versus Force

A COACHING PROGRAM FOR THOSE
WHO ARE TIRED OF THE STRUGGLE AND
WANT A BETTER WAY.

What do you struggle with?

This program is specifically designed for those struggling to:

- Find renewed meaning in life and work
- Let go of stress and learn to relax
- Get more enjoyment out of life
- Cope with the trappings of success

What to Expect:

- Discover the 4 basic fears that are creating all your problems
- Turn pressure and pain into privilege and gratitude
- Finding renewed meaning in life and work
- A paradigm shift to become less transactional and more transformational in your personal and professional life
- Ability to genuinely and openly share and express what you want to experience
- Structure and accountability

What Will You Receive?

Regular Sessions with Coach Monique

Regularly scheduled coaching sessions during a 6-9 month engagement

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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