

Building a Solid Base Coaching Program

What do you struggle with?

This program is specifically designed to address:

- The unique challenges of executives and business owners
- The need for useful tools, meaningful and inspiring education, and accountability
- How to become an effective and dynamic leader

What to Expect:

- Recognize the importance of self-awareness
- Develop interpersonal skills
- Build the confidence for successful relationships
- Improve critical thinking and problem solving skills
- Develop effective communication
- Learn how to efficiently manage stress
- Become more focused, productive, and successful

What Will You Receive?

Regular Sessions with Coach Monique

(60 Minutes-90 Minutes per session)

Up to four coaching sessions per month depending on the client's goals and progress

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.

Phone: 412.400.2085

Email: Monique@CoachMonique.com

Website: COACHMONIQUE.COM