

Change the Way I See Change

AN EXECUTIVE COACHING PROGRAM
FOR THOSE EXPERIENCING CHANGES IN
THEIR CAREER AND LIFE

What do you struggle with?

This program is specifically designed to address those who are struggling with:

- Working in high pressure or high stress positions
- The constant “re-inventing of the wheel” based upon ever changing leadership
- Embracing an acceptable and healthy work/life balance

What to Expect:

- “Rewire” seasoned executives to EMBRACE CHANGE
- Experience a paradigm shift to see change as another goal to accomplish and another way to win
- Identify emotional blocks, habits, and behaviors
- Improve and enhance communication skills and emotional intelligence
- Become a better manager and leader
- Thrive in multi-generational settings
- Help you get more meaning and lasting value out of your work



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.

What Will You Receive?

Regular Sessions with Coach Monique

Regularly scheduled sessions during a 6-9 month coaching experience

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