

Do it for you, but give glory to god

I want deep spirituality and an unwavering spirit of love, joy, peace, patience, kindness, goodness, faith, mildness, self-control

I want to be clean of idolatry, spiritism, hostility, strife, jealousy, fits of anger, dissensions, divisions, sects, envy, drunkenness, wild parties

I want to be mentally and physically healthy

I want to have an abundance of love, wealth, and joy

It's time to rediscover your JOY for life!

Learn How to Overcome the Darkness, Take Back Control and Uncover Your Potential

Your journey to becoming the woman you are destined to be starts here.

[\[Schedule Your Free Call With Me Today\]](#)

[Insert Credibility Banner Here](#)

[\(Include- Endorsements, Publications and Features\)](#)

My Journey to Joy

For Years, I Existed Rather Than Lived

I bought into the most dangerous myth of being a woman.

If you're struggling, suck it up, smile and deal with it.

I created an illusion of who I was supposed to be on the outside - the kind, funny and well-put-together woman with a great home life and a comfortable career.

To everyone looking in, I was thriving, BUT on the inside, I was drowning.

Every want, dream and goal I craved, I ignored.

I took my life for granted and convinced myself the yearning I felt inside my soul was something everybody experienced. I labeled these things as depression and anxiety.

That the happiness you read about in books and saw on TV was fictional.

That pure unadulterated bliss simply didn't exist in the real world, for regular women like me.

It was a fantasy, unattainable.

And then it happened. My divorce and it cracked the illusion wide open.

I couldn't lie to myself any longer.

I wasn't happy, nowhere near it and living the way I was - I never would be.

I deserved to feel loved. Yes, that! I deserved to love *myself*.

To wake up each morning, look in the mirror and be damn proud of the woman staring back at me.

So, I went on a journey of self-discovery. Instead of focusing on everybody else, I made myself a priority for the first time in my life.

I researched, laughed, and cried, but most importantly, I took action.

I realized that I had two options, I could continue to hide and silently suffer or shine a light on everything that made me, me.

I chose the latter, and it was that that truly transformed my life.

Self-doubt lives within us all, but facing it alone can be challenging - I need a support system. Acknowledging I need help was the first step to awakening my inner goddess.

Don't be a side-chick

When you try to run from your true self, keeping your authentic self secret, it consumes you and becomes the master... and you become a side chick in your own life.

It can take over in the form of self-loathing, imposter syndrome, anxiety, exhaustion, avoiding healthy habits or a deep sense of unfulfillment.

And while it can sting. The first step in battling these symptoms is allowing yourself to be vulnerable.

You can only unlock your most authentic self by going deep within and taking a leap of faith.

For years I dove deep into my inner being, trauma therapy, discovered the best self-care practices and learned from the best psychologists across the globe.

I confronted my demons with the help of coaches who had my back every step of the way, and I'm now living a life the "old me" would never have thought possible.

And I'm here to help you do the same.

I have dedicated everything to creating a program that resonates with women who are in a fragile place and need someone to be irrevocably and indisputably in their corner.

I refer to it as “The Joy Factor” because every person I've been honored to work with now lives a life filled with joy and abundance.

Becoming the best version of yourself isn't easy, yet for the hundreds of women I've partnered with, it's the most rewarding work they have ever done in their lifetime.

Be Your Biggest Cheerleader

(Do it for you, but give glory to god)

Stop waiting for permission. The only person you owe is yourself. This is your time to show up, go deep and do the work. I promise I'll be by your side, without judgment and be your rock through this journey of self-discovery.

It's my sole mission to help you face and take action against the parts of yourself that are sabotaging you from living the life you are capable of.

Forget the coaches, who lecture you for hours on end, that give you information but no directions on how to act on it. This isn't therapy- it's the training you never got in the areas of your life that matter most.

I've lived it. I've sat where you are and will help you get the desired results.

An insight into what you'll gain

1) **Clarity and purpose** -Revamp and rebirth. Achieve clarity, direction, and purpose in your life as you establish a deep connection to your authentic self, and find peace as you navigate through what's been holding you back

- 2) **Confidence and self-belief**- Learn how to conquer your feelings of self-doubt, face your deepest fears and tap into your inner-power, so you never let another opportunity pass you by
 - 3) **A personalized roadmap to happiness**- Get crystal clear on what you want from your life, the changes you need to make and the strategies you can implement to wake up each morning refreshed and ready to take on anything
 - 4) **A support system**- Never feel alone again. Join a close-knit group of like-minded women who will have your back and lead you to success
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Social Proof (Client Testimonials)

Insert Client Testimonials and Headshots x 3

Work With Me

The Joy Factor- Immerse yourself in my signature 5-week program dedicated to finding the joy in your life. Learn how to stop hiding in the shadows and embrace your superpowers [[Learn More](#)]

Agape Method - The epitome of self-love. My 1-1 three-month long program. A journey like no other. Together we closely examine what's holding you back and create a progressive plan to transform your reality.

[[Learn More](#)]

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Featured Resources

Links to Blog and/or Published Articles

More Social Proof

Ideally in the form of a banner with clients headshot.

Monica's course is life-changing". I tried therapy and other coaches, but something was always missing. I never dealt with myself, and now I'm figuring out who I am and learning to love myself unconditionally. I cried at the end of

this journey because I honestly had someone who was invested in me to help me find me”

Schedule Your Free 1-1 Consultation Today