



Ready to  
do your **BEST** work,  
as the **BEST** you,  
to create your  
**BEST** life?



Join me for the next year for a transformative  
**coaching + community experience in The Blooming Space.**

Bring your dreams to life while amplifying the best of you,  
for the sake of creating your life how you want it to be.



the blooming space



# The Blooming Space...

## Monthly Coaching

Monthly coaching with Monica B. and the other VIBs (very important bloomers) to work through the topic in the Blooming Framework, a 6-step process. Each month builds on the previous.

## Weekly Group Sessions

Meet weekly with your group for accountability, support and encouragement. Use this time for personalized focus and dive deep on a specific topic, set goals and action plans. You'll get help with your next right step and implementing what you've learned in the Framework, homework and coaching calls. Build your awesome, together.

## Meet the Experts

Monthly you'll learn from an Expert. The Experts are Monica B's colleagues, friends, clients and otherwise favorite people. They have something epic to share that will elevate and expand your blooming growth path. Topics include: vedic astrology, ADHD, beauty/fashion, DIY chiropractic techniques, sleep, mental resilience and more.

## Private Community

Private community to connect with the other Bloomers where you can access recordings, self-paced classes, the mindful toolbox, and additional resources. Share successes, challenges, stories and cheer each other on.

## Q&A

Monica B. holds space for your questions. These are optional. Use Q&A as you need them. You can also post questions in the community area as you go.

## 5 self-paced Ayurveda classes

Access to these classes:

- **All 3 Dosha Workshops:** Understand why you are who you are.
- **Ayurveda 101:** Learn the basics to living harmoniously.
- **Sattvic Living:** The foundation for creating a harmonious mind



# The Blooming Framework

Sept. Month 1

**KICK OFF CALL! Vision.** — Share your visions.  
We get in alignment with your vision and goals.

Oct. Month 2

**Mindset.** Building a positive, growth-oriented mindset  
**Q&A.** You come with your questions.

Nov. Month 3

**Time.** Productivity and focus.

Dec. Month 4

**Food & Energy.** Generate good energy all day, every day.  
**Q&A.** You come with your questions.

Jan. Month 5

**Maximize your strengths.** Use your special powers all the time.

Feb. Month 6

**Mastery.** Be brave. You'll have to master some new things.  
**Q&A.** You come with your questions.

Mar. Month 7

**Schedule 1:1 Strategy Session** for Your Vision Check-in.  
**2-HOUR IMPROV WORKSHOP** (do not weasel out of this!)

Months 8-12

**REPEAT Months 2 through 6**

Month 13

**PARTY!** Share successes! Celebrate how far you've come!



# What other Bloomers are saying

“

*It has been AMAZING. I was planning to mostly work on business strategy during this 6 weeks. But what I learned and connections I made goes WAY beyond business, weaving the various fractured parts of my life into one single vision. I feel like I have more tools to get to work, focusing with compassion and clarity.*

“

*Monica is highly energetic and motivating. Her coaching is top notch. She provides a safe environment to dig deep and realize your full potential. She provides the right mix of coaching, teaching and group interaction. The inclusion of O.G. Ayurvedic practices give you a great way to better yourself from inside out. I would highly recommend her trainings to any individual looking to awaken themselves or to groups trying to become more productive. –Travis Posthumus*

“

*This was an epic adventure for me. I still can't put into words everything that I learned and gained from being part of this group and having so much time with Monica. But I know it will continue to percolate and marinate for many moons, helping me to get closer and closer to my authentic self, more alignment with my true path. I'm so grateful I took the plunge and invested in myself and my future with this program! XOXO*

“

Hey!

Just a HUGE thank you for all your HELP.

Help is not even the word, you have TRANSFORMED me this last year.

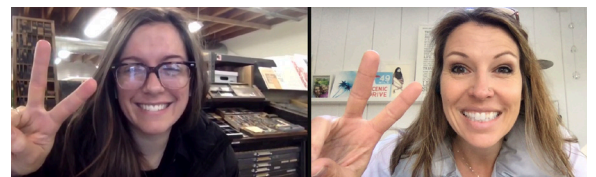
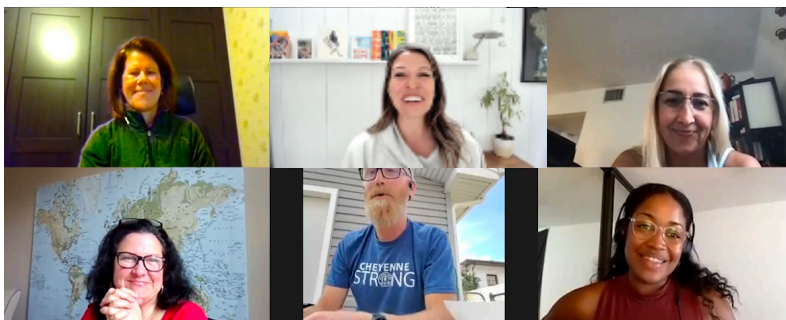
And you have taken me to NEW HEIGHTS with your AMAZING talent!

Thanks for being my life coach girl, excited to see where things go from here!

(PS — it was exactly a year ago that I “SAGED” my office and said bring Hard Work and abundance to me, abundance I can't imagine. And so DAMN, that sage really works OMG. Just takes some time!!

K love ya lots

Anne



# You will Bloom in these ways... and who knows what else!

**A focused, happy mind.** The mind is often our number one obstacle, so we will have a special focus on creating a higher quality of your mind, so you can think on your feet, stay determined and zoned in as positivity becomes your default.

**Maximum performance, without burnout.** You'll envision what matters to you and use your maximum power (with Ayurvedic principles as power source!) to adhere to that path. Of course there will be challenges along the way (such is life) but you'll learn how to rejuvenate quickly so you don't burnout.

**More meaning and joy in your days.** Connect to what you do best, for the sake of how you serve others which brings you the ultimate joy and sense of purpose.

**Simplicity.** Get zoned in and focused on what you want to build. When you do, life gets very simple because all the unnecessary gets cut. You will feel simple, powerful, and tapped IN to your life, success and wellbeing.

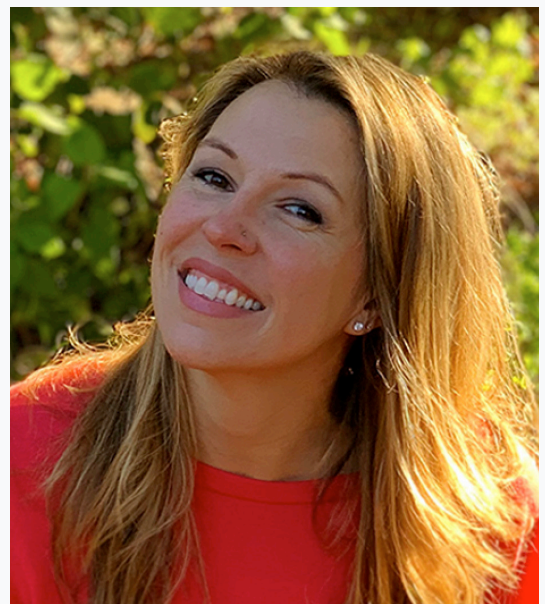
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## About your coach, Monica B.

I'm a rare hybrid as a mindset & high performance coach, business leader, improv trainer, and Ayurveda lifestyle teacher. I spent over a decade in staffing as a top performer and leader. And then I burnt out. So, I fixed myself, trained my team on those principles and we grew to #1 in revenue. Now I'm a coach, trainer and 2x author. Client list includes: **Deloitte, Genentech, Airbnb, Pandora, Popsugar, Hornblower Cruises, Aquent/VitaminT.**

**On July 7, 2021, I had breast cancer surgery.** I decided it must be the best gift ever. I tuned my mindset, gathered a tribe of high-vibing homies, and primed myself for victory. Feeling better than ever, I am ready to make a bigger impact and serve.

**Here is the story in podcast episode #48:**  
**[Breast cancer surgery day: best gift ever](#)**



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We begin week of Sept 18th.  
Limited slots.

#### STANDARD OPTION

**\$550/mo**  
for 12 months

13 months group coaching  
Weekly group sessions  
Q&A  
Private community  
5 self-paced Ayurveda classes  
Special guest Experts  
Recorded coaching & experts  
Coach's treats & challenges

[Click here for  
monthly payments](#)

#### PAY-IN-FULL OPTION

**\$6,000**  
one time payment

Everything included in the  
**Standard Option PLUS:**

#### **Power Bonus Session**

Work with Monica B 1:1 on a  
project of your choice any  
time during the program  
(\$1500 value)

[Click here to  
pay-in-full](#)

**EMPLOYER REIMBURSEMENT?** *Some employers will reimburse for continuing education, employee wellbeing, mental health support, performance or leadership coaching, etc.. If this is you, contact me ([monica@heymonicab.com](mailto:monica@heymonicab.com)) and we will craft a customized proposal you can submit to your employer.*

**REFERRAL PROGRAM!** *If you have friends or colleagues that you think would like to join, share this with them! I offer a referral bonus of either \$500 or a 1:1 with me.*