



MONIQUE SPENCE

“Coach Mo” | Life Coach and Motivational Speaker

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WORK EXPERIENCE

2011 - PRESENT: LAW OF ATTRACTION EXPERT

Chief Inspiration Officer

Monique Spence

Specializes in total life transformation by teaching & coaching individuals, groups & couples on how to apply Positive Thought & the Laws of the Universe to live fully in their purpose, find happiness, maintain excellent health and financial prosperity.

2011 - 2014: ON-AIR RADIO PERSONALITY

WYON 1390AM CHICAGO

Multi-Media Interactive Radio Show on the oldest Black Talk Radio station in the country. iHeartRadio Media platform combined with LiveStream and Callers discussing Weekly Hot Topics & Politics.

SAM SYLK RADIO

Streaming live music and daily midday content during Monique's Happy Hour, including Monique's Motivational Moments. Top 40 & Urban Mainstream radio content.

2006 - 2014: ENTREPRENEUR

Redefine the Tee

CEO

Unique Tee Shirt concepts designed on high quality pima cotton material, the perfect marketing addition or private label to your business. Most Popular: Michael Jackson Tribute Tee 2009 (Macy's)

Brand You, Inc

CEO

A marketing firm designed to increase brand awareness for small to medium sized businesses. Customized marketing plans, with a surgical approach to take any business to the next level.

SERVICES

COACHING

- Life Coaching
- Career Coaching
- Business Development Coaching
- Engagement & Marital Coaching
- Entrepreneurship Coaching
- Interpersonal Skills Coaching
- Relationship and Dating Coaching

LIFE SKILLS MANAGEMENT

- Crisis Management
- Emotion Management
- Goal Setting
- Home Organizing and Decluttering
- Problem Solving
- Time Management

BUSINESS AND CORPORATE

- Career Management
- Conflict Resolution
- Organizational Leadership
- Leadership Development
- Marketing and Public Relations
- Teambuilding

TRAINING

- Performance Improvement
- Life Mapping and Goal Setting
- Money Mastermind



1998-2006: MUSIC BUSINESS EXECUTIVE

SonyBMG Music Distribution

Midwest Regional Sales & Marketing Manager

EMI Music Distribution

Urban Field Sales Representative

ACCOLADES

- First African American Aldermanic Candidate for 6th Ward, Berwyn IL (2016)
- John Maxwell Certified Coach
- Law of Attraction Expert

SUMMARY OF WORK

RED CHAIR SESSIONS

(Chicago Office / Virtual Internationally)

One on One Coaching Sessions that consist of a customized journey through forgiveness & release, reprogramming patterns of behavior and providing tools for coping with fears, daily life and creating new experiences.

RISE & SHINE

(Daily Virtual Motivational Call)

The best way to start your day is with great energy and a positive mindset. Rise & Shine is that daily dose of positivity. Monday thru Friday, a 15 minute lesson is taught to inspire greatness in the lives of people of all ages across the world. Archived recordings are available.

COFFEE & COACHING

Local gathering opportunity to have coffee and receive LIVE life coaching from Coach Mo. A mini lesson is given, group sharing and on the spot coaching provide the entire group the opportunity to create meaningful relationships and learn from each other's life experiences.

MANIFEST RETREATS

An exclusive retreat event designed for current clients involved in the coaching journey to create community with like minded individuals as well as dig another level deeper into their fears, dreams and manifestations. Group & paired accountability increases the level of success annually for every participant. Held twice annually.

MOTIVATIONAL SPEAKER

Mental / Physical / Spiritual Health & Finances are the subjects consuming many people's lives. Monique Spence is the speaker able to calm fears and help other direct their thoughts and positive energy to change results no matter the circumstances. Speaking engagements include lecture and interactive discussions with audiences of all sizes.

MODERATOR / HOST

The person in the front of the room controlling the energy is key to every event, Monique Spence is able to entertain any size crowd and prepare them to receive whatever comes next.

INTERVIEWER

Monique Spence always asks the question you are thinking when she's interviewing. A special combination of listening and understanding people makes Monique an excellent interviewer whether speaking to a mom, a celebrity or a CEO. When Monique is done with an interview the interviewee is shocked they shared so much, so easily.

SOCIAL MEDIA MASTER & WRITER

With a preference for talking, Monique does enjoy the expression of thoughts via pen as well as sharing her #MoKnows thoughts via Social Media. She is often sought out to provide advice & articles on a myriad of topics surrounding the application of the Law of Attraction & related Principles. Monique is currently publishing a guidebook for clients to accompany her coaching journey.

