

THE LIFESCAPE COACH

# MONIQUE ALLEN

## GARDENER TURNED ENTREPRENEUR

With a background as the Founder & Creative Director of The Garden Continuum, Monique Allen has utilized her knowledge as a lifelong gardener, business developer, and educator to bridge the gap between landscaping and business building. With that experience she launched her coaching career as The Lifescape Coach.

**Monique created The Life-Scape Method™, a strategy developed to guide people towards improving their land, lives, and professional satisfaction. Monique believes a Life-Scape represents the intersection between good design, solid construction, and devoted stewardship as a way to bring the gifts of nature into their daily lives.**

Her first book, "STOP Landscaping, START Life-Scaping" further explores these concepts, and her coaching specializes in branding, team building, curating a positive company culture, and succeeding as a woman in the male-dominated landscaping industry.

When Monique isn't Life-Scaping, she can be found spending time with family, cooking up new creations in the kitchen, practicing yoga, or stand-up paddleboarding.

## SUGGESTED QUESTIONS:

- What are the 3 most important things to consider when it comes to Life-Scaping?
- How does leading with compassion feed business growth and success?
- How can busy professionals, especially those in physically demanding trades, heal and recover from burnout?
- What does it mean to be "a gardener of people"?
- How can you propagate the right company culture?
- What is the "triple bottom line" and why is it important?
- How can women break into & thrive in male-dominated industries?
- How can a business communicate its values in a way that draws in clients and attracts employees?

## CONNECT WITH MONIQUE:



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Liberate Your Legacy

