

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.

THE LIFESCAPE COACH

MONIQUE ALLEN

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:



The Lifescape Coach



The Garden Continuum



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Liberate Your Legacy