

# Monique Blake

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## *Health & Wellness Coach*



Monique Blake is an internationally trusted Health & Wellness Coach. Over the last fourteen years, she has been whole-heartedly committed to helping her clients realize their well-being. Her philosophy focuses on the rediscovery and full expression of radiant health for each and every life that she touches.

Monique received a BA from Hofstra University. Shortly afterwards, she received her massage certification from the Wat Po Traditional School of Medicine (the oldest school of Traditional Thai Massage) in Bangkok, the Aroya Ashram in Katmandu and Lindsey Hopkins in Miami. She recently completed her MS in Hospitality Management at FIU. Monique is also a spa specialist who travels around the globe reviewing and researching spas and spa adventures.

In 1997, Monique founded Be-ing In Touch, Inc. The company's vision is to empower clients to live a life of balance, power and passion. The mission is to motivate clients to successfully establish and maintain a wholesome lifestyle in order to attain their optimal health. Be-ing In Touch, Inc. provides a variety of quality services that educate, promote and enhance total well being for the mind, body and soul. Stress management and healing modalities include therapeutic massage, Cranio-sacral therapy, aromatherapy, hot stone massage, on-site (chair) massage, hydrotherapy treatments, detox footbaths and Reiki. She also organizes and facilitates wellness lectures, workshops, conferences and community outreach events.

Monique resides in Florida where she serves as program director at Keiser Career College. She is lead faculty and curriculum developer for the Massage Therapy and Spa Management programs. She is a massage therapy textbook reviewer for many major publishers. She has been featured in major newspapers and has had several of her own wellness articles published. Presently, she is working on her first book.

***More grows in the garden than the gardener sows. –Anonymous***

# Be-ing In Touch, Inc.

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Plant the Seed of Wholeness *And* watch the Real you bloom™

## PRESENTATIONS & LECTURES

BCC South Regional Library's Afrikan Women of Excellence, March 1998  
Norland Elementary School's Career Day, 1998 & 1999  
Nutrition S'mart Health Supermarket, Massage Therapy lecture, June 1998  
Third Annual Hollywood LoveFest, July 1998  
Mount Olive Baptist Church YEP Youth Conference, August 1999  
American Express, Black Employee Network, February 1998 & 2000  
Millennium Health System Health Seminar, April 2000  
National Diabetes Association Health Expo, March 2001  
Broward County Regional Libraries, Scent-sational: Aromatherapy, Massage for Couples, Reiki lectures, April & June 2001, January 2002, July 2003, September 2003, December 2003  
SW Regional Library, A Celebration of Jamaican Women, Transformation Workshop, March 2002  
AORN, Benefits of Massage lecture, March 2006

## BE-ING IN TOUCH, INC. EVENTS

Step In Time- A Rites of Passage Journal for Young Women, 1997  
Sisters Illustrating Success Women's Circle, October 1997- October 1998  
LoveFest, February & May 1998  
Restore Your Financial Health, January 2000  
Money Matters, March 2000  
WOVA Leadership Institute, January 11-14<sup>th</sup>, 2001- Event Coordinator  
Urgent, Inc. Rites of Passage (ROP) Young Women's Retreat, January 25-27, 2002-Developer and Facilitator  
Plant the Seed of Wholeness, Transformation and Empowerment Course, January- March 2002 & March - May 2002  
Outer Womb, Youth Empowerment Seminar, August 2003  
One Touch of Nature Earth Day Event, April 19, 2008

## PUBLICATIONS FEATURING BE-ING IN TOUCH, INC

The Sun Sentinel (June 11, 2001), Marcia Heroux Pound's *Take Stress off Marketing Tactics*, Business, p5  
The Sun Sentinel (January 13, 2002) Jerry Libonati's *Sample smorgasbord of scents at session*, pg. 17  
The Jamaica Herald, (March 31- April 6, 2002) *Monique Blake Communicating Through Touch*, Pure Class section  
The Miami Herald, (Sept 14, 2003) *Library's Ladies Night Out*, Local Section, pg 11

*Gardening for the Soul*