

Illuminating the Dark Corners of Your Bright Ideas



Karen Monteverdi, Certified Professional Coach
Awaken To The Simplicity Of Life by
Living Consciously In An Ego Driven Society

The GOTOCOACH
with Karen Monteverdi



GreenMountain
Enrichment and Empowerment Center

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Karen Monteverdi, CPC

Life Coaching is for those who are ready to engage in effective introspective work.

Owner, Program Director & Resident Professional Coach of GreenMountain Enrichment and Empowerment Center (GEEC)

Karen Monteverdi, CPC AKA The GOTOCOACH:
Expertise in Conscious Living, Complementary Care: Intentional Breathing, Guided Visualization, Body Intelligence, Perspective Check, Reality Check, Manifestation Imagery & Life Coaching
Telecoaching, Group Coaching & In Person Coaching
Available by appointment:

Karen Monteverdi, CPC wrote her book *Living Consciously In An Ego Driven Society*, in 2010. This milestone cemented the rapid spread of her core values across the United States, and around the globe. In addition, the Monteverdi's developed their single ideas about how to create peace within; into 18 separate classes to help the general public learn how to incorporate peace and harmony in every day life. They began offering the new training along with the book and workbooks. They continue their work through speaking and human relations courses.

In 2010, the book, courses and seminars have been given unofficial accolades by Dr. Bruce Lipton, and Dr. Gabor Mate.

The book has received official promotions by Tony Burroughs and the Intenders of The Highest Good. Reverend Llenar Bragg of the show *No Out There* and The Law of Attraction for Happiness Group in Portland Oregon.

***HAVE YOU EVER SAID
TO YOURSELF...?***

- ✓ ***“I feel a lack of commitment to my life”***
- ✓ ***“Why does personal growth have to re-traumatize me?”***
- ✓ ***“I just don’t have the time to work on my past my life is too stressful and busy”***
- ✓ ***“I feel so stuck all the time, I’m feel no sense of motivation I can understand why”***
- ✓ ***“I’ve had years of therapy and I feel like it helped to a degree. Now I wish there was something else to help me get to the next level of my healing process.”***

One person's story ...worth reading!

***“Karen Monteverdi is a woman to be celebrated today and everyday! She has written a fabulous book about her life journey and coaches others to Live Consciously!
Check her out! ♥” [Angela Schaefer](#)***

***“During my conversation with Karen, she reached into my soul and pulled out my power, which I have been running from rather than embracing.” Carole Sanek
Read More at <http://isurviveddamnneareverything.com/?p=4219>***

“I have been doing self-development work for some time and suspected I had not gotten to the core of my main issues. Karen, both through her class (You Are Not Your Past) and her coaching, allowed me to discover that place I had not found before and transmutes the energy stored there. I immediately felt a significant lessening of the tensions in my back, which have not returned. Also, from this experience, she has given me the tools to uncover and transmute any additional issues that come up in the future. Her compassion, expertise and healing abilities are exceptional!” Elaine Lockard BA, CTACC, CHP, CM, Virginia

"I feel like this program ... are building blocks and they go in a logical order... This is the first program I have ever seen that gives me the opportunity to clearly define where I want to go, who I want to transform into... This has given me real tools to help me implement small tweaks in my behaviors that help me maintain my vision. This program is valuable through the progression of steps in order to process valuable healing in my life... I always knew I could. I just never really knew how. Scott Boyles, Oregon

In the workshop "Trusting Yourself and Others," given March 20, 2010

***“Sean & Karen Monteverdi, CPC put a new twist on an old tool, now I am listening to my intuition to trusting myself, I learn who I can trust with what... These techniques are shared in such a practical and usable way. I see the wealth of knowledge. My experience was fun and exploratory in our journey today! “
Kathy Case, Oregon***

“Just one week of working with Karen by far surpassed years of therapy for me.” E-mail question to me with subject: Coach Karen Monteverdi. cervin@gorge.net C. Ervin, Colorado

“Having worked on myself for most of my adult lifetime, I am amazed how Karen so quickly discerned an issue that I did not know was there. After all I had worked for years and years clearing out all the childhood stuff, etc... with the eyes and heart of this excellent coach we are guided through the maze of seeing and experiencing, and thus the flow of innocence once again opened and we are set free to celebrate and move forward in whatever endeavor we may choose.” Lainey Ross, England

“I must say my main goal with Karen was to work on the issues with my Mom, it has been a great success, I have made so much progress in this that I can say my life is being transformed. I must thank her for all of her support.” Ian McLean, Trinidad

"My experience being coached by Karen has exceeded my expectations. Karen knows how to ask the right questions at the right time to get to the heart of the matter. In the short five weeks working with Karen, I accomplished more in the area of marketing my business than in the whole previous year. In addition to the great coaching, Karen provided some wonderful resources that can help me build my business. I would encourage anyone who wants to build their business to work with Karen."

Floyd Wills | Owner Life Balance Coaching & Hypnotherapy LLC | Portland, OR

Read more at <http://www.gotocoach.net/index.php/about-coaching/testimonials>