



Laura Monza

MENTAL TRAINER-LIFE&SPIRITUAL COACH
MENTORE



Laura Monza

www.lauramonza.com

LIFE WILL BE DIFFERENTI WHEN YOU'LL START LOVING YOURSELF

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SESSIONS IN PERSON AND ONLINE

**"In life, be ready for happiness and reach it with
courage!"**



Well-Being Professional A Wide-Angle Approach

A professional because I profess what I deeply believe in and work on every single day of my life, starting with myself.

I am my profession, my mission, and my persona is present in everything I do.

I describe my training as wide-angle, like a camera lens. It allows me to take a broad, expansive view to reach and encompass the vast inner world of each individual who entrusts themselves to me.

I strive to dismantle the common misconception that asking for help is a sign of weakness:

**ASKING FOR HELP IS AN ACT OF GREAT
STRENGTH AND COURAGE!**



Welcome to this space
dedicated to our first meeting.

Let me introduce myself: My name is Laura Monza, and I specialize in support relationships, personal growth, and evolution. The two focal points of my work, which has become my mission, are the mind and the body—two extraordinary universes in constant communication, connected by an invisible channel through which our unique and unrepeatable personal stories flow.

I help individuals restore their inner balance, which can be disrupted over time by countless factors such as difficulties, traumas, and stress of various kinds.



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I guide them on a journey that leads to a crucial encounter: the one with themselves.

This journey is characterized by the search for and discovery of their deepest, most authentic selves, along with the personal resources that enable each of us to achieve goals, realize dreams, and fulfil our purpose in life.

To do this, I employ various techniques derived from years of study and experience working with countless individuals who have trusted me to guide them on personal growth paths, leading them to become their best selves.

My primary training is in Mental Training and Life&Spiritual Coaching.



Welcome to this space
dedicated to our first meeting.

I am an expert in applied psychology and
hypnosis for well-being.

Through continuous education and professional
development, I have acquired expertise in
emotional management, effective intrapersonal
(self-to-self) and interpersonal (self-to-others)
communication, psychosomatics (Meta-Medicine,
every symptom is a message), and transformative
conscious breathing techniques.

My multidisciplinary and synergistic approach
embraces the uniqueness of each person who
chooses to seek my help. This creates a powerful
collaboration that significantly impacts the quality
of the results achieved.



Welcome to this space
dedicated to our first meeting.

At the start of any journey, I always say:

“Help me help you.”

If you’ve found me in your search, it means that your deeper self has already taken the first step toward what is currently just an idea but can soon become a reality if you choose to entrust yourself to me.

In this virtual space, you’ll find all the key information about me and my methods, as well as my contact details for further inquiries.



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Laura Monza



Academies

MTA – MENTAL TRAINER ACADEMY

www.mentaltraineracademy.com

I am the co-founder and trainer at the Mental Trainer Academy, a training institution for professional Mental Trainers and Mental Coaches, as well as a pathway for personal growth.

HYPNO ACADEMY

www.mentaltraineracademy.com

I am the co-founder and trainer at the Hypno Academy, an institution dedicated to training professional Hypnotists.



My philosophy

I have pursued, and continue to engage in, a path of ongoing learning and development to become what is needed by anyone who seeks my help and guidance.

Years of experience in the field of supportive relationships have granted me profound insights, the most important being:

“I have realized that understanding is an endless journey”,

particularly when the focus of our study and attention is the human mind.

Each of us is the result of various evolutionary and conditioning factors, such as the educational system shaped by family, environmental, and social influences.



My philosophy

At the core of these influences lie temperament, personality, and predisposing factors, all of which interact in unique and subjective ways to determine the potential emergence of challenges and discomforts of various kinds. For this reason, I have chosen a multidisciplinary approach that integrates diverse techniques while preserving their individual value and potential. This approach allows me to address a wide range of needs and provide comprehensive support. The ultimate goal of this method is to achieve the best possible results in restoring psycho-physical well-being, as well as intrapersonal (within oneself) and interpersonal (with others) balance.



My philosophy

Explore, Understand, Transform.

These three pillars define my personal mission, which aligns seamlessly with my work in helping others evolve. Like a sculptor uncovering the inherent beauty within the stone, I strive to bring to the surface the potential and brilliance that already resides within each individual.



Laura Monza

MENTAL TRAINER-LIFE&SPIRITUAL COACH
MENTORE

My Areas of Support



EMOTIONAL MANAGEMENT

ANXIETY AND STRESS MANAGEMENT

SELF-ESTEEM

CHALLENGES RELATED TO FEMININITY

EMOTIONAL RELEASE

TRAUMA PROCESSING

RELATIONSHIP ISSUES
(SOCIAL, COUPLE THERAPY, FAMILY
MEDIATION)

EATING DISORDERS AND ADDICTIONS



My tools

MENTAL TRAINING AND LIFE & SPIRITUAL
COACHING

HYPNOSIS FOR WELL-BEING
(ERICKSONIAN METHOD: NATURALISTIC
HYPNOSIS; BRIAN WEISS METHOD:
REGRESSION HYPNOSIS)

APPLIED PSYCHOLOGY

POSITIVE THINKING
(INSPIRED BY LOUISE HAY)

NLP: NEURO-LINGUISTIC PROGRAMMING

EFFECTIVE COMMUNICATION
(RESTRUCTURING VERBAL, NON-VERBAL,
AND PARA-VERBAL LANGUAGE)

CNV: NON-VIOLENT COMMUNICATION



My tools

META-MEDICINE
(EMR: EMOTIONAL MEMORY RELEASE)

HOLISTIC PSYCHOLOGY
(INNER CHILD WORK AND
THE 5 WOUNDS OF THE SOUL)

CREATIVE VISUALIZATION/IMAGERY

MINDFULNESS

RELAXATION TECHNIQUES AND
CONSCIOUS BREATHING

EFT: EMOTIONAL FREEDOM TECHNIQUE

EMDR: EYE MOVEMENT
DESENSITIZATION AND REPROCESSING



My approach

My approach combines academic rigor with a holistic, humanistic, and intuitive perspective. Indeed, my method takes into account the four fundamental dimensions of a person: **Physical, Emotional, Mental, and Spiritual**, viewing them as an integrated and unique whole.

ZenOlos (from the Greek) means "whole, complete, total" and reflects an understanding of the human being and their interaction with the world as unified and organic.

The holistic perspective addresses well-being globally, considering all aspects of a person in the quest for balance and harmony.



My approach

Additionally, my approach draws from Gestalt psychology, which emphasizes the principle of wholeness, valuing the integrated whole over the sum of its parts. It also incorporates the concept of “good form”, which underpins principles of harmony, symmetry, simplicity, and coherence.



How I work

Through a comprehensive approach that operates on multiple levels, I engage with both the conscious and unconscious mind, the command center that drives every decision we make. Many believe that our rational mind is solely responsible for our daily choices. Through this process, you will discover, as Freud, the father of modern psychoanalysis, demonstrated, that every choice we make is influenced by the depths of our unconscious. Hidden beneath the surface, like the underwater portion of an iceberg, the unconscious mind harbors thoughts, emotions, and memories that are not immediately accessible to consciousness.



How I work

In my work, I draw upon Socrates' concept of **maieutics**, the art of midwifery. My role is to help bring forth (like a child) what is already present within those who seek my guidance, rather than providing solutions to their problems. For true and lasting effectiveness, insights and changes must arise from within.



How I can support you

I guide individuals to emerge from the deep waters of their personal limitations and challenges, rooted in their unique life stories. I illuminate what has long been hidden in darkness, transforming it into potential through the three stages of emotional processing:

1. Recognize

2. Accept

3. Transform

This allows blocked energies to flow freely once again.

Listening is my most powerful tool. I take the hand of those who come to me and accompany them on a journey of newfound awareness and rediscovered well-being.

WHAT I DO IN TENERIFE

I arrived on this magical and powerful island because it chose me, and I chose it as the foundation to continue expanding my potential in the field of helping relationships.

The strong presence of nature's elements and the magnetic energy of this volcanic island make personal growth work even more effective, enhancing and amplifying its impact.

Tenerife has also become the base for personal growth retreats.

Together with other colleagues, I organize transformative retreats, guiding participants on journeys of growth that offer the opportunity to make meaningful changes in their lives.

I offer my professionalism, expertise, and skills to everyone who decides to seek my help, deeply believing that everyone deserves the chance to become the best version of themselves.

I am committed to supporting them in the most effective and optimal way possible on this transformative path.



Laura Monza

MENTAL TRAINER-LIFE&SPIRITUAL COACH
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MY TRAINING, TECHNIQUES, AND APPROACHES





MENTAL TRAINING AND LIFE&SPIRITUAL COACHING

Mental Training and Life&Spiritual Coaching are globally recognized and effective methods for developing and sustaining one's potential across all areas of life—health and well-being, relationships, career and finances, leisure, environment, and overall quality of life.

A coach supports individuals during challenging times, helping them confront obstacles, overcome barriers, and achieve their goals.

Through mental training, a Life&Spiritual Coach guides clients in bringing out their best, uncovering untapped abilities, and adopting effective strategies for creating desired changes.



MENTAL TRAINING AND LIFE&SPIRITUAL COACHING

This process enables clients to reconcile with their past and embrace greater freedom.

What goals can be achieved with Mental Training and Life&Spiritual Coaching?

- Effectively manage emotions
- Clearly identify personal and professional goals and plans to achieve them
- Enhance motivation by identifying strategies for success
- Access the mind's potential to achieve success in any desired area of life (unlock your personal genius)
- Improve self-esteem and build confidence



MENTAL TRAINING AND LIFE&SPIRITUAL COACHING

- Manage time, conflicts, and decisions more effectively
- Strengthen relationships (romantic, friendship, or professional)
- Successfully solve problems
- Communicate more effectively
- Foster creativity and flexibility
- Develop new perspectives
- Manage and reduce stress
- Eliminate negativity
- Overcome daily excuses effortlessly
- Recover quickly from difficult situations (defeats, injuries, bereavements, separations, etc)



MENTAL TRAINING AND LIFE&SPIRITUAL COACHING

- Prepare successfully for exams, conferences, and interviews.
- Change unwanted beliefs and behaviors
- Lower anxiety levels
- Enhance psycho-physical well-being

How does it work?

Sessions can be conducted either in person or remotely.

In online coaching, sessions are carried out via phone or video call platforms such as Google Meet, Zoom, or Whatsapp

Book a free 30-minute introductory meeting to explore how coaching can support you in achieving your goals.



HYPNOSIS FOR WELL-BEING

Hypnosis is a technique that guides individuals into an alternative state of consciousness, characterized by profound relaxation and heightened concentration. Contrary to common misconceptions, a person under hypnosis is neither subject to external manipulation nor compelled to act against their will. Instead, it is a state of expanded, not altered, consciousness that enables access to deep resources within the unconscious mind.

During a hypnotic trance, individuals remain aware of their surroundings and actively engage with the suggestions offered by the practitioner.



HYPNOSIS FOR WELL-BEING

This state fosters enhanced focus, amplifies cognitive abilities, and provides an effective means of addressing and improving behaviors and difficulties.

A Journey into the Unconscious

Through hypnosis, individuals can explore and utilize untapped inner resources, initiating a process of transformation and well-being. While hypnotic trance resembles sleep, attention and concentration are significantly heightened.

The very term "hypnosis," derived from the Greek hypnos (sleep), reflects this similarity.



HYPNOSIS FOR WELL-BEING

However, unlike sleep, the trance state enables individuals to:

- **Communicate**
- **Understand**
- **Act in their best interest**

Key hypnotic practices include:

- Visualization
- Regression
- Progression
- Restructuring

These techniques, combined with an atmosphere of tranquility and relaxation, also yield beneficial neuropsychophysiological effects.



HYPNOSIS FOR WELL-BEING

Mind and Body in Balance

Hypnosis facilitates a harmonious balance between mind and body, fostering a state of profound well-being. This equilibrium allows the unconscious mind to process and reframe its capabilities, offering the psyche new opportunities for growth and healing.

During a trance, individuals focus inwardly, addressing challenges and imbalances that may disrupt their well-being.

This state enables them to:

- Gain deeper insights into their issues
- Learn new approaches to resolve them
- Positively transform their circumstances



HYPNOSIS FOR WELL-BEING

Although profound introspection is not always necessary to achieve results, deeper trance states can reduce interference from the conscious mind, further enhancing the effectiveness of the process.

Enhanced Awareness

In this unique state, individuals think and act with greater clarity than in ordinary consciousness. Attention becomes intensified, and distractions are minimized.

The Role of Trust

Trust and collaboration between the client and practitioner are essential for achieving desired outcomes. Hypnosis is not merely a technique; it is a journey that allows the mind to address challenges at its own pace, free from stress, with profound and lasting results.



HYPNOSIS FOR WELL-BEING

The techniques I use include:

Ericksonian Hypnosis: A non-directive approach that engages the patient's imagination and creativity.

Regressive Hypnosis: Enabling the individual to recall past experiences, including those from previous lives (Brian Weiss method).

Book a free 30-minute introductory meeting to explore how coaching can support you in achieving your goals.



APPLIED PSYCHOLOGY

Psychology is not just theory—it is a practical tool to enhance everyday life.

Through applied psychology, I transform scientific knowledge into actionable strategies to help you overcome personal challenges, strengthen your skills, and achieve your goals.

Rooted in theoretical psychology, which examines processes such as memory, learning, and attention, applied psychology adopts an action-oriented approach. It translates insights into tailored solutions, empowering self-awareness, well-being, and psychophysical health. This is the foundation of my Mental Training and Life Coaching programs.



APPLIED PSYCHOLOGY

"Intelligence is not only to know but to act."

Aristotle

With my guidance, you'll learn to apply the science of the mind to turn your potential into reality.

"A theory that finds no practical application in life is an acrobatics of thought."

Swami Vivekananda

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POSITIVE THINKING (LOUISE HAY)

Positive thinking is not merely an optimistic outlook, it is a powerful technique to change how you live, act, and tackle challenges. Among the most effective strategies is the Louise Hay approach, which emphasizes the profound influence of our thoughts on emotions, the body, and destiny.

As a Mental Trainer and Life&Spiritual Coach, I will guide you in the practical application of this technique, enabling you to break free from limiting beliefs, rediscover your self-worth, and build a more fulfilling and harmonious reality. Using tools such as positive affirmations, visualizations, and heightened awareness of your inner dialogue, you will learn to rewrite the narratives that hold you back and unlock your potential.



POSITIVE THINKING (LOUISE HAY)

"Every thought we think creates our future."

Louise Hay

The Louise Hay method doesn't just focus on thought, it emphasizes action, paving the way for tangible and lasting changes.

It's time to choose thoughts that uplift you and create the life you deserve. Your journey toward transformation begins now.

Book a free 30-minute introductory meeting to explore how coaching can support you in achieving your goals.



NEURO-LINGUISTIC PROGRAMMING (NLP)

Neuro-Linguistic Programming (NLP) is a powerful and versatile technique designed to help you understand and reshape the mental processes driving your behavior. As a Mental Trainer and Life Coach, I use NLP to guide you in achieving your goals, improving communication with yourself and others, and overcoming the blocks and fears that hold you back.

NLP is rooted in the principle that our thoughts, language, and behavior patterns are programmable. Through targeted strategies, you can reprogram your mind to achieve extraordinary results in every area of life from work to relationships to personal growth.



NEURO-LINGUISTIC PROGRAMMING (NLP)

***"It's never too late to have a happy childhood.. or
to create an extraordinary future."***

Richard Bandler, Co-Founder of NLP

With my guidance, you will learn how to use NLP
techniques to:

- Identify and transform negative mental patterns.
- Boost your motivation and self-esteem.
- Communicate effectively and persuasively,
starting with yourself.
- Tackle challenges with fresh perspectives and
inner resources.



NEURO-LINGUISTIC PROGRAMMING (NLP)

If you're ready to turn your limitations into opportunities and unlock your full potential, NLP is the ideal tool for the journey.

Book a free 30-minute introductory meeting to explore how coaching can support you in achieving your goals.



EFFECTIVE COMMUNICATION (RESTRUCTURING VERBAL, NON-VERBAL, AND PARA-VERBAL LANGUAGE; NONVIOLENT COMMUNICATION - NVC)

Communication is much more than what we say it's the words we choose, the tone we use, the gestures we make, and the intentions we convey. As a Mental Trainer and Life Coach, I guide you in mastering the art of effective communication by integrating techniques for restructuring verbal, non-verbal, and para-verbal language, along with the principles of Nonviolent Communication (NVC). Learning to communicate consciously and strategically empowers you to build authentic connections, resolve conflicts, and achieve both personal and professional goals.



EFFECTIVE COMMUNICATION (RESTRUCTURING VERBAL, NON-VERBAL, AND PARA-VERBAL LANGUAGE; NONVIOLENT COMMUNICATION - NVC)

The cornerstones of my approach include:

- **Verbal Communication:** Use words that inspire trust, clarity, and collaboration.
- **Non-Verbal Communication:** Understand how posture, gestures, and eye contact shape your message.
- **Para-Verbal Communication:** Harness the power of tone, rhythm, and volume to enhance your delivery.
- **Nonviolent Communication (NVC):** Transform your interactions with empathy, active listening, and solution-focused language.



EFFECTIVE COMMUNICATION (RESTRUCTURING VERBAL, NON-VERBAL, AND PARA-VERBAL LANGUAGE; NONVIOLENT COMMUNICATION - NVC)

"The quality of your life depends on the quality of your communication."

With the techniques I provide, you will learn to communicate with confidence, authenticity, and effectiveness, enriching every aspect of your relationships.

It's time to transform how you express yourself and interact with the world. Begin your journey to more effective communication today!

Book a free 30-minute introductory meeting to explore how coaching can support you in achieving your goals.



META-MEDICINE (EMOTIONAL MEMORY RELEASE - LME)

Unresolved emotions often manifest in the body, affecting our physical and mental well-being. Meta-Medicine, an innovative holistic approach, helps uncover the profound connection between the mind, emotions, and body.

As a Mental Trainer and Life Coach, I use this technique to guide you in releasing emotional memories that block your potential and disrupt your inner balance.



META-MEDICINE (EMOTIONAL MEMORY RELEASE - LME)

What Does Meta-Medicine Offer?

- **In-depth understanding of symptoms:** Each physical ailment is seen as a message from the body, a response to unresolved emotional conflicts.
- **Recognition and release of emotional memories:** Identify past experiences that continue to impact you and learn how to let them go.
- **Healing on mental, emotional, and physical levels:** Restore a harmonious balance between body and mind.

"The body speaks the language of emotions: listening is the first step toward healing."



META-MEDICINE (EMOTIONAL MEMORY RELEASE - LME)

Through a guided process, I help you explore the emotional roots of your blocks and free yourself from limiting patterns. Meta-Medicine is not just a technique but a journey toward greater self-awareness and empowerment.

If you're ready to release emotional memories and enhance your well-being, I am here to support you on this transformative path.

Start your transformation today!

Book a free 30-minute introductory meeting to explore how coaching can support you in achieving your goals.



HOLISTIC PSYCHOLOGY (THE INNER CHILD AND THE FIVE SOUL WOUNDS)

Have you ever wondered why certain experiences repeat in your life, or why some blocks seem insurmountable? The answer often lies within us, in our Inner Child and the Five Soul Wounds.

As a Mental Trainer and Life&Spiritual Coach specializing in these techniques, I guide you through a profound growth journey, helping you reconnect with the authentic part of yourself that you may have forgotten but that is still there, ready to lead you toward a fuller and more fulfilling life.



HOLISTIC PSYCHOLOGY (THE INNER CHILD AND THE FIVE SOUL WOUNDS)

Why Work on the Inner Child?

The Inner Child represents the emotions, needs, and experiences of our childhood that influence our present. When these aspects remain unheard, they can create insecurities, fears, or difficulties in personal and professional relationships.

Through targeted techniques, you can:

- Recognize and heal past wounds.
- Rediscover joy and spontaneity.
- Transform old limiting thought patterns.

The Five Soul Wounds: A Mirror of Your Journey

Rejection, abandonment, humiliation, betrayal, and injustice these wounds deeply shape how we live and relate to others.



HOLISTIC PSYCHOLOGY (THE INNER CHILD AND THE FIVE SOUL WOUNDS)

Understanding them reveals how they have molded our personality and how we can finally overcome them.

With my support, you will learn to:

- Identify the wound that most impacts your life.
- Free yourself from the masks you've built to protect yourself.
- Develop an inner balance that allows you to live in harmony with yourself and others.



HOLISTIC PSYCHOLOGY (THE INNER CHILD AND THE FIVE SOUL WOUNDS)

This transformative approach helps you bridge the gap between your current reality and the version of yourself you've always wanted to be. Start your journey today toward a life that is authentic, free, and full of meaning.

It's never too late to take care of yourself.

Start your journey today toward a life that is authentic, free, and full of meaning.

Book a free 30-minute introductory meeting to explore how coaching can support you in achieving your goals.



CREATIVE VISUALIZATION/IMAGERY

The mind and imagination unite to create the reality you desire. Creative Visualization, also known as Imagery, is a powerful, scientifically backed tool that enables you to transform your thoughts into actions, and your actions into tangible results.

As a Mental Trainer and Life&Spiritual Coach, I guide you in using this extraordinary technique to achieve your goals, overcome inner blocks, and build an enhanced version of yourself. Creative Visualization is not just a mental exercise; it's a process that engages your subconscious mind, boosting the confidence, motivation, and focus necessary to manifest your desires.



CREATIVE VISUALIZATION/IMAGERY

How Does Creative Visualization Work?

Through vivid mental imagery, you will learn to:

- Visualize your success: Picture the achievement of your goals to prepare for their concrete realization.
- Reprogram your mind: Replace limiting thoughts with positive, empowering beliefs.
- Train your emotions: Experience positive emotions connected to your future successes, creating a powerful emotional connection with your goals.
- Reduce stress and increase focus: Use your imagination to calm the mind and focus on what truly matters.



CREATIVE VISUALIZATION/IMAGERY

How Does Creative Visualization Work?

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CREATIVE VISUALIZATION/IMAGERY

Who Is It For?

Creative Visualization is ideal for:

- Professionals looking to improve their performance.
- Athletes seeking maximum concentration and mental preparation.
- Individuals wishing to overcome personal challenges and cultivate self-esteem.
- Anyone looking to build a more fulfilling life, starting with a clear and defined vision.

What Can You Achieve?

With Creative Visualization, you can:

- Overcome fears and insecurities.
- Enhance your mental, physical, and work performance.



CREATIVE VISUALIZATION/IMAGERY

- Gain clarity in your goals.
- Develop positive habits and strengthen your self-discipline.

Imagine the life you desire. Now take the first step toward making it a reality.

Start your mental transformation journey today, where creative visualization can become your tool for success and personal well-being.

Book a free 30-minute introductory meeting to explore how coaching can support you in achieving your goals.



MINDFULNESS

Mindfulness is much more than a technique; it's a way of life a practice that allows you to rediscover calm, clarity, and a deep connection to the present moment.

As a Mental Trainer and Life&Spiritual Coach, I guide you through a mindfulness journey to help you reduce stress, enhance your well-being, and face life's challenges with a fresh perspective. Through simple mindfulness exercises, you will develop greater self-mastery, learning to observe your thoughts and emotions without judgment, so you can live with more authenticity and serenity.



MINDFULNESS

What is Mindfulness?

Mindfulness is the art of being fully present, moment by moment. It is a practice that trains the mind to:

- Focus on the here and now, letting go of worries about the past or anxieties about the future.
- Accept what happens, cultivating an attitude of kindness and non-judgment toward yourself and others.
- Manage stress and emotions, improving both psychological and physical well-being.



MINDFULNESS

Why Choose Mindfulness?

Mindfulness practice has been scientifically proven to offer numerous benefits, including:

- Reducing stress and anxiety.
- Improving concentration and productivity.
- Increasing self-awareness and emotional resilience.
- Promoting more authentic and fulfilling relationships.
- Strengthening the ability to face difficulties with calm and clarity.

Who Is It For?

Mindfulness is suitable for anyone who wants to:

- Slow down and live with more presence.
- Overcome moments of stress, anxiety, or insecurity.



MINDFULNESS

- Improve the quality of their life and relationships.
- Cultivate a deeper connection with themselves and their purpose.

How We'll Work Together

Through practical, guided techniques like meditation, breathing exercises, and mindful reflection, we will create a space for listening and growth.

Each session is designed to meet your needs and personal goals, helping you integrate mindfulness into your daily life. Rediscover inner peace and the energy of the present.

Start your journey of awareness and personal transformation today.

Book a free 30-minute introductory meeting to explore how coaching can support you in achieving your goals.



RELAXATION TECHNIQUES AND CONSCIOUS BREATHING

Relaxation techniques and conscious breathing are simple but incredibly powerful tools for regaining balance, energy, and serenity in a world often dominated by stress and hustle.

As a Mental Trainer and Life&Spiritual Coach, I guide you on a journey that harnesses the power of breathing and deep relaxation to enhance your mental, emotional, and physical well-being. You will learn how to release unnecessary tension, manage stress effectively, and reconnect authentically with yourself.

Why Are Breath and Relaxation So Effective?

Breathing is the bridge between the mind and body a constant ally that, when used consciously, can transform your mental and emotional state.



RELAXATION TECHNIQUES AND CONSCIOUS BREATHING

Through targeted techniques, you will:

- Calm the mind, reducing anxiety and intrusive thoughts.
- Lower stress levels by activating the parasympathetic nervous system, which promotes relaxation.
- Improve concentration and mental clarity, enhancing your performance.

Regain energy by rebalancing the body and mind.

What to Expect from the Journey?

We will work together on:

- Conscious breathing techniques to improve emotional control and foster inner calm.
- Guided relaxation exercises to release physical and mental tension.



RELAXATION TECHNIQUES AND CONSCIOUS BREATHING

- Strategies for managing daily stress, creating moments of regeneration throughout the day.
- Integrating conscious breathing into your routine for living each moment with more presence.

Who Is This Journey For?

Relaxation and conscious breathing techniques are ideal for those who:

- Often feel overwhelmed by anxiety, stress, or fatigue.
- Want to improve the quality of their sleep and rest.
- Seek a way to face daily challenges with more calm and clarity.
- Wish to enhance their awareness of their body and emotions.



RELAXATION TECHNIQUES AND CONSCIOUS BREATHING

Long-Term Benefits

With consistent practice, you will:

- Develop greater resilience to stress.
- Improve your vitality and concentration.
- Strengthen the connection between mind and body, living in a more authentic and serene way.

Your breath is your strength.

Contact me today to start a journey that will lead you toward a more balanced, conscious, and relaxed life. The change you seek begins with a single breath.

Book a free 30-minute introductory meeting to explore how coaching can support you in achieving your goals.



EFT (EMOTIONAL FREEDOM TECHNIQUE)

EFT, also known as Emotional Freedom Techniques, is a simple, effective, and non-invasive method that combines modern psychology with the stimulation of specific energy points on the body, similar to those used in acupuncture.

Through light fingertip tapping on these points, EFT helps release emotional blocks, reduce stress, and restore the body's energy balance, improving overall well-being.

How Does EFT Work?

Negative emotions, stress, and limiting thoughts can create imbalances in the flow of energy in our body. EFT works directly on these imbalances, allowing you to:

- Identify and address emotions or memories causing discomfort.



EFT (EMOTIONAL FREEDOM TECHNIQUE)

- Release blocked energy through tapping.
- Experience immediate relief and emotional lightness.

Benefits of EFT

EFT has been successfully used to:

- Manage anxiety and stress: it promotes rapid relaxation and reduces tension levels.
- Overcome fears and phobias: it provides practical tools to face and overcome limiting fears.
- Improve self-confidence: it helps eliminate negative thoughts and strengthen self-esteem.
- Release trauma and painful memories: it allows you to work through past experiences without reactivating emotional pain.



EFT (EMOTIONAL FREEDOM TECHNIQUE)

- Restore energy and vitality: it restores inner balance for greater mental clarity and physical well-being.

Why Choose EFT?

The strength of EFT lies in its simplicity and proven effectiveness. It is a method anyone can learn and apply at any time, making it a valuable tool for emotional and mental well-being.

Discover Your Potential with EFT

If you want to free yourself from limiting thoughts, manage your emotions with greater awareness, and live a more balanced life, EFT could be the answer you've been seeking.

Contact me to start a personal growth journey with EFT and discover how it can improve the quality of your life.



V.I.E. (Evolving Hypnotic Visualization)

I personally developed the V.I.E. method, which combines hypnosis and visualization techniques to lead to well-being and transformation.

Guided visualization allows access to the deep subconscious, unlocking doors to change.

With hypnosis, I restructure deep and unconscious parts that condition and block the path to well-being.

I regenerate the energetic system and cellular memory associated with past trauma emotions.

With my voice, I connect with the epicenter of vital energy, restructuring and awakening what has been dormant for a long time, bringing it back to shine with its authentic light.



FEES

- **Individual session (60 minutes) – €70**
- **Individual session (90 minutes) – €90**
- **Couple session – €80**

An approach that respects your uniqueness
Each person is a unique universe, with a story, emotions, and thoughts that deserve listening and respect. This is why I offer personal growth sessions of 60 or 90 minutes, depending on your needs. This choice is based on a fundamental philosophy: you are not a number or a protocol to rigidly follow, but a complex and valuable world that deserves space and attention.



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Why 60- and 90-minute sessions?

During the first sessions, many important aspects often emerge: emotions waiting to be expressed, unresolved situations, or accumulated thoughts. Limiting the time to a rigid 50- or 60-minute structure, as is common in many traditional approaches, can feel restrictive and limit the depth of the work.

With more flexible sessions, I aim to offer you:

Space to explore without hurry: you will have the necessary time to fully express yourself and feel heard, without the pressure of a rigid limit.

Respect for your pace: each person has different timelines for opening up and working on themselves, and this process cannot be forced into a standard frame.



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A deeper and more complete approach: dedicating the right amount of time allows us to go beyond the surface and address complex issues with the care and attention they deserve.

Going beyond protocols to value the relationship

Many professionals adhere to rigid time protocols for practical reasons, but my approach focuses on the person, not the clock. I believe that the quality of the relationship and the effectiveness of the journey depend on the time spent truly understanding who you are, your needs, and your experiences.

Your well-being at the center

Choosing 60- or 90-minute sessions means respecting the complexity and depth of your personal growth journey.



FEES

This time is not just an investment in your evolution, but a signal that your inner world truly matters. Start your journey with the time and space you deserve: a step toward awareness, transformation, and authentic respect for your uniqueness.



VACATIONS AND RETREATS

Caring for and loving oneself often encounters difficulties in daily life, as psychophysical energies get dispersed into numerous commitments, causing one to lose focus on their own well-being and the right priorities. In collaboration with colleagues specialized in personal growth and holistic well-being, I organize personal growth and evolution retreats here on the island of Tenerife.

Imagine a vacation in a beautiful natural setting, an island infused with the power of the elements, with a select group of individuals who, like you, are in search of well-being and happiness.

Multiple trainers will be at your disposal to guide you through a unique journey of personal, spiritual, and well-being growth.



VACATIONS AND RETREATS

Experience excursions designed to tap into the powerful energy of the location.

Each day, you will enjoy enriching, fun, and deeply nourishing group activities.

Here you will find useful information to explore how a personal growth vacation is structured, and get an idea of what the experience of immersing yourself in an extraordinary place with professionals who will lead you toward your best and most empowered version can generate.



GIFT VOUCHER

Give the gift of a personal growth journey: Gift voucher for a personal growth session.

Looking for a unique, meaningful gift that will make a lasting impact?

Offer someone special the opportunity to invest in themselves with a personal growth session led by a professional Mental Trainer and Life Coach.

Through my website, you can purchase a customizable gift voucher for a 60- or 90-minute individual session (see the "Rates" section).

It will be a moment entirely dedicated to reflection, personal improvement, and discovering new possibilities.



Laura Monza

MENTAL TRAINER-LIFE&SPIRITUAL COACH
MENTORE

GIFT VOUCHER



Buono regalo



*Un incontro con
Laura Monza per
Crescere e ritrovare
Equilibrio e Benessere*



Mental trainer-Life coach- Mentore



GIFT VOUCHER

Who is it for?

The gift voucher is perfect for:

- Those who wish to improve their inner balance.
- Those who want to clearly define personal or professional goals.
- Those who need to regain motivation or overcome a moment of stagnation.

What's included? 60 or 90 minutes of individual online or in-person consultation.

A welcoming and professional environment to explore topics such as anxiety and stress management, emotional management, self-esteem, issues related to femininity, emotional release, trauma processing, relationship problems (social, couple, family), eating disorders, addictions, and potential development. A personalized journey designed to achieve concrete, lasting results.



GIFT VOUCHER

How it works?

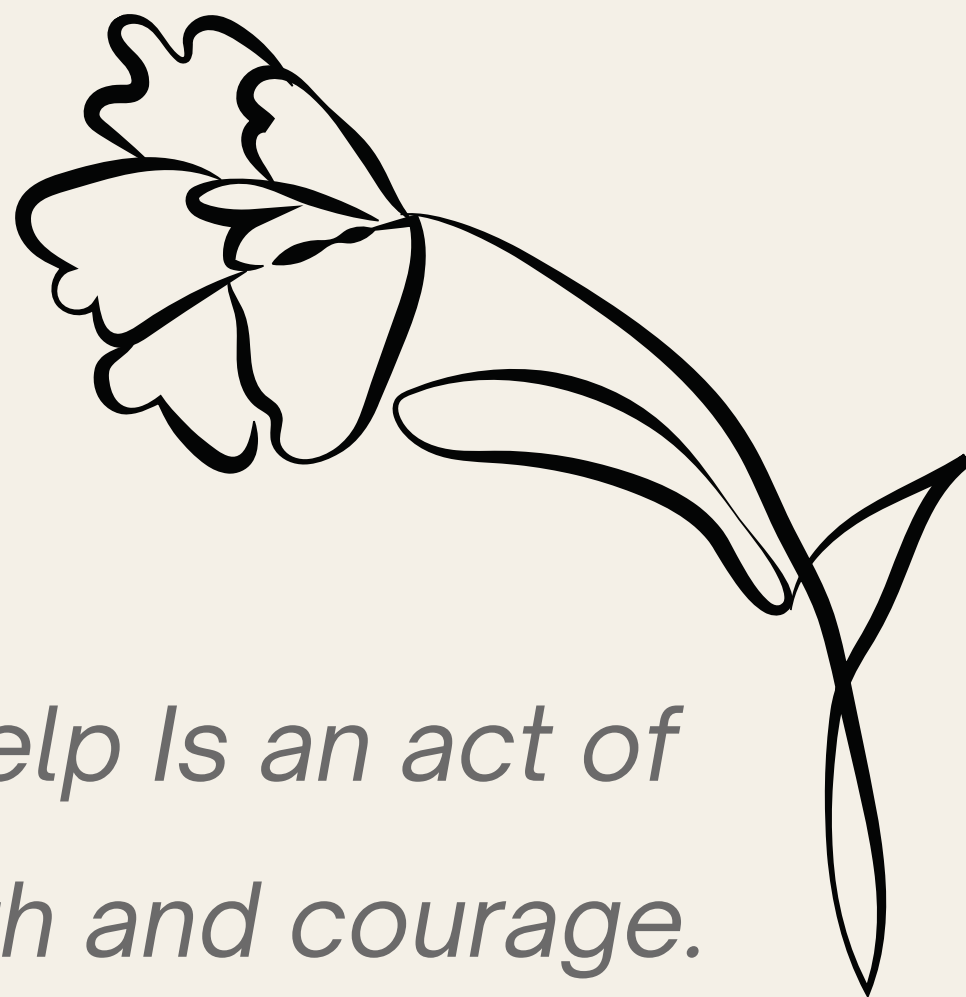
Purchase the gift voucher directly from my website. You will receive an elegant voucher, ready to be printed or sent via email.

The recipient can contact me to schedule their session at their convenience.

Give a transformative experience that lasts!

Buy the gift voucher now and help someone take the first step toward their best self!

LIFE WILL BE
DIFFERENT WHEN
YOU'LL START
LOVING YOURSELF



*Asking for help is an act of
great strength and courage.*

Laura Monza