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# BodyLife Dynamics, LLC

## Building strength from the inside out

# press kit

BodyLife Dynamics is committed to maintaining an open and honest relationship with the media, potential clients, or anyone wanting additional information about BodyLife Dynamics. Monique is also available for interviews or questions.

*This document has been specifically designed to provide valuable resource information. If you need information that is not listed here, please contact BodyLife Dynamics at: 1.480.699.0527.*

## Monique Rider ~ Founder Bio

Monique lives in breathtaking Arizona with her husband, Cocker Spaniel and Himalayan cat. She has two adult daughters who live in Michigan and Arizona. She achieved grandmother status in May 2006. Having relocated from Michigan to Arizona four years ago, Monique says, "Arizona is absolutely paradise!" Monique has many hobbies including competitive bodybuilding, kayaking, hiking, and rock climbing. She is also a published author and a contributor to the

anthology Ophelia's Mom. The book captures the hearts and emotions of readers as moms from across the country relate their experiences with troubled teen aged daughters. Monique has been published in both print and online venues and has an interesting collection of online published writings in her writing portfolio.

Monique has over 15 years of business experience in the

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## Client Testimonials

**Jenifer Parades (Santa Barbara, California)** - "You listened when I needed to process, so I processed with you. I believe that was when the coaching happened-- having you there to just listen was key!"

**Kim Roberson (Phoenix, Arizona)** - "The process Monique and I used during our coaching sessions has been incredibly helpful in all

aspects of my personal and professional life. I can take an issue and work through it now, defining it, work an action plan and come to a solution. I feel truly empowered and stronger from the work I have done with Monique."

**Read more testimonials starting on Page 6**



# Fact Sheet

## Monique Rider

Founder / President

**BodyLife Dynamics /  
BodyLife Institute**

29834 N. Cave Creek Ste #118  
PMB 342  
Cave Creek, Arizona 85331

**Office Hours:**

Monday - Friday  
9 - 5 pm/MST

**Fax:** 1.604.648.9111

**Phone:** 1.480.699.0527

**E-mail:**

Monique@bodylifedynamics.com

**Website:** bodylifedynamics.com

“We strive to empower individuals across the globe with the skills required to effectively manage work and life.”

### I. Vision

To develop individuals to their fullest potential in all areas of life.

### II. Purpose

To advocate an approach that strengthens the intellectual, physical and emotional growth of individuals.

### III. Mission

We strive to empower individuals across the globe with the skills required to effectively manage work and life. We cultivate this by providing employee training and development, executive coaching, and wellness services. Our services are delivered globally through in-person and distance learning methods. BodyLife Dynamics strives to operate honorably, with creativity and profitably, and with the utmost respect for those touched by our services and products.

### IV. Overview

BodyLife Dynamics is a City of Phoenix certified Disadvantaged, Woman-owned, Small Business. Founded in 2001, BodyLife Dynamics provides worldwide virtual coaching and educational services to executives, professionals, entrepreneurs and organizations.

Individual coaching and long term group programming can be obtained through the BodyLife Institute. Services are offered in-person, and through teleconference and distance learning methods. The company also provides customized services upon request.

### V. Types of Clients

BodyLife Dynamics offers services to executives, professionals, entrepreneurs and organizations committed to human development. These clients have the desire to integrate their personal and professional experiences and apply that knowledge in a practical way, becoming more effective in the workplace, home and community.

### VI. Specialty

We specialize in a unique, multidimensional approach to human development that is based on the Seven Dimensions of Wellness. Our coaching and educational model centers on the philosophy that an individual's personal and professional experiences are interrelated. We believe that by

## Publications

**Books:**  
Book Marketing From A to Z  
Ophelia's Mom

**Magazines:**  
Captains of Consciousness Journal  
Field and Feast  
Skipping Stones  
The NAWW Writer's Guide

**Newspapers:**  
Arizona Good Life News  
AZNetNews  
AZNetNews  
Davenport University Newspaper

**Newsletters:**  
Association for Children's Mental Health  
Outdoors-Woman  
RAVE Newsletter  
Total Wellness through Transition

**Online & ezine:**  
Editor and publisher of monthly ezine, Coaches Notes  
Former columnist for About Achievement Magazine

**Additional online publishings:**  
Writing Portfolio

gaining insight into one area, an individual can develop and apply strategies that will work in another. Allowing them to quickly assimilate and apply their knowledge and insights in a personalized and diverse way.‡



BodyLife Dynamics, LLC™

## Community Involvement

Monique offers her unique gifts, talents and services to a variety of organizations. She also dedicates a portion of her practice to pro bono work. Monique states, "I feel humbled to be able to give back to the community."

Belmont Neighborhood Watch: Crime prevention advocate  
Grand Rapids, MI

Black Canyon Correctional Institute: Fitness instructor  
Phoenix, AZ

Domestic Crisis Center: Speaker, media contact  
Grand Rapids, MI

Domestic Violence Awareness Coordinator  
Grand Rapids, MI

Engaged Sponsor Couple Program: Instructor  
Grand Rapids, MI

Pine Rest Treatment Center: Fitness instructor for at-risk youth  
Grand Rapids, MI

Ramoth House Women's shelter: Speaker, instructor  
Grand Rapids, MI

RAVE of West Michigan: Domestic violence instructor  
Grand Rapids, MI

## Product and Service Line

Products and services that contribute to an individual's mental, physical and spiritual wellness.

BodyLife Dynamics, LLC™ provides the human development process.

The services provided by BodyLife Dynamics, LLC™ include individual coaching and long term programming through the Seven Dimensions of Wellness one can create a strong foundation and achieve personal and professional development with grace and ease. The theme of wellness is weaved into all of our products and services.

Our product line is available at the Wellness Marketplace and features CD's, ebooks, and wellness programs that are four to six months in length. With a dynamic blend of coaching and training we address work/life issues relevant to working individuals across the globe. We also provide customized on-site and virtual programming to individuals move



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# Monique Rider ~ Bio

*Continued from Page 1.*

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areas of healthcare, corporate training, teaching, instructional design, management, and IT project management. She has been a certified personal trainer for thirteen years, an executive coach for seven years, and has vast experience in the areas of wellness, fitness and nutrition. Her business management degree is from Davenport University.

Monique owns BodyLife Dynamics, LLC™, a company founded on the principal of empowering individuals to achieve inner and outer strength. Monique says, "I provide coaching and education to professionals who are ready to buff up their entire life! I integrate the Seven Dimensions of Wellness model to provide my clients with a holistic approach to human development."

Monique saw a need to bridge the gap with her personal training clients who could not stick to their workout program. "I could see that there were other areas in life where they struggled; those were the areas affecting their physical well-being," claims Monique. "I felt an inner calling to work with individuals on a deeper level, in addition to the physical piece. Now, through my company I empower these individuals to build strength from the inside out."

Prior to founding BodyLife Dynamics, Monique worked in the corporate world and provided personal training on the side. When her inner calling hit she knew imme-

diately what she needed to do. Monique explains, "I left my corporate job to be able to use my gifts and talents by helping others in a more direct way. I feel joy and excitement in watching others develop, create boundaries, and love forward in their lives. Since we are all interconnected, my own path becomes clearer as my clients grow."

Monique's gifts and talents not only come from her business experience but also from her diverse personal background. Monique is a multidimensional individual who has risen above her traumatic and tumultuous past. As a survivor of childhood abuse and domestic violence she has healed and learned forgiveness. As a teen and young adult she struggled with addictions, a teen marriage, divorce, and single parenthood. In later adulthood she weathered the challenges of relationship issues, remarriage, and a bipolar daughter. "I have had to face and conquer many fears," says Monique. "My personal struggles have empowered me to reach out to others who need support. I have grown personally, professionally, emotionally, and spiritually and have come to view my experiences as blessings."

Monique uses her company as the vehicle to reach out to others in many ways. She provides public speaking, training

and education to groups and organizations across the country. Monique also gives to the community by volunteering her time and resources. She is a community advocate for victims of domestic violence and has worked in the women's shelters, teaching and mentoring. A resource person on mental illness, she has volunteered her personal training services to at-risk youth. By working with local agencies and the media Monique has successfully addressed various topics such as abuse, divorce, wellness, and fitness. She has been involved in community education and the initiation of a crime prevention program. Her writing skills have aided her in the development of curriculum used for community awareness.

Monique is a member of the International Women's Writing Guild, the International Nanocasting Alliance, Women's ECommerce Association International, Toastmaster's International, a graduate of Coach University, certified through the European Coaching Institute, a member of Coachville, host of a Coach U special interest group, and has a current personal training certification through ISSA. Member of the National Association of Women Business Owners and ASTD-Valley of the Sun...✦



BodyLife Dynamics, LLC™

## Press Photos

BodyLife Dynamics provides access to camera ready logo files and promotional photos of Monique Rider. These images may be used with permission. Please note that BodyLife Dynamics retains the copyright.

Please call BodyLife Dynamics, 1.480.699.0527, to request permission for photo and logo use.

Click on the links below to spawn an Internet browser and download each file.

Monique Rider photos

High resolution .png with transparency (Image 1)

High resolution .png with transparency (Image 2)

Compressed .jpg (Image 1)

Compressed .jpg (Image 2)

Logo files

Compressed header logo

Color logo .png with transparency

Black and white logo (.png with transparency)

# Live & Virtual Appearances

For upcoming events and more live & virtual appearances see our website at [bodylifedynamics.com](http://bodylifedynamics.com)

## Live Events - Featured Speaker

Amazing Women's Day

Border's Book Store, Novi, MI

Carefree/Cave Creek Rotary Club, Cave Creek, AZ

Open Mind Book Store, Rockford, MI

St. Patrick's Catholic Church, Scottsdale, AZ

Wild Women Networking Breakfast, Phoenix, AZ

Ophelia's Mom Book Signings

Barnes & Noble / Desert Ridge Mall, Phoenix, AZ

Barnes & Noble / Desert Ridge Mall, Phoenix, AZ

Barnes & Noble, Grandville, MI

Barnes & Noble, Kentwood, MI

Barnes & Noble / Gateway Mall, Salt Lake City, Utah

Schuler's Books & Music, Lansing, MI

Schuler's Books & Music, Kentwood, MI

## Teleseminars

Coach U Australian Virtual Chapter

Coach U New Zealand Virtual Chapter

Effective Effort Coaching

Extreme Self-care SIG

Fitness & Health SIG

Health & Fitness SIG

Holistic Coaching SIG

International Coach Academy

Mom/Coach SIG

Parenting SIG

Women Coaching Women SIG

*See Upcoming Events for more Live & Virtual Appearances*



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# Client Testimonials

Read below to see what satisfied clients from all over the world are saying about Monique's services!

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### Wellness Clients

**Cindy (Muscle Mania Participant)** - “The class has helped me see results already! I’m encouraged to keep going! Thanks.”

**Angela (Muscle Mania Participant)** - “Love the class. Thanks for helping me live a healthier life and gain more strength in my upper and lower body!”

**Pam (Iron Cardio Participant)** - “Great class! I am in the best shape I have ever been in!”

**Ilga Noelk** - "I want to thank you for all your help and support during my personal training sessions. It was one of the BEST investments that I have ever made. Your patient yet firm style encouraged me to keep striving to reach my goals."

**Jennifer (Iron Cardio & Power Pump Participant)** - “Monique, I can’t thank you enough for putting on both the Power Pump course & Iron Cardio. As a woman who is about to enter her 40’s I have started to notice that my energy level had been decreasing as well as my waistline expanding. My body & attitude were changing faster than I cared for. After doing your Summer session of both classes, not only have I begun to see positive

changes in my physical appearance & health, but also in my energy level & attitude. I look actually forward to going to class! To see the results I am beginning to see is a great motivator in itself. Thanks again, I am looking forward to the next round of classes.”

**Robyn (Muscle Mania Participant)** - “I wanted to thank you because by joining your body sculpting class over the spring and summer, it has motivated me again to work out consistently. You got me back on track of incorporating an exercise program into my life. I think you are a wonderful instructor and definitely will consider taking one of your classes possibly in the future. Thank you so much for everything.”

**Yvette Radigan** - "Monique makes this chore fun and exciting and seeing the results makes it even better. If you are still thinking about getting a personal trainer, stop thinking and do something about it, get up and get started you won't be disappointed. If I could do it, anyone could."

**Nanette C. DeBlaay** - "My experience working

## Media Interview Listing

**Newspaper**  
Asian American Times  
Catholic Connector  
Desert Advocate  
Foothills Focus  
Grand Rapids Magazine  
Grand Rapids Press  
IDEA Personal Trainer  
Natural Awakenings  
North Kent Advance  
Rockford Independent  
Rockford Squire  
SCORE Board  
Something Better News  
Woman's Lifestyle

**Television**  
Channel 8  
Fox 17WTLJ-TV 54  
WTLJ-TV 54

**Radio**  
Artist First  
Voice America  
WGVU  
WODJ  
WOOD AM 1300  
WSNX  
WS Radio  
WTBQ  
WTBQ

with Monique as my personal trainer has been positive and successful. She provided me with a complete training program including exercise, aerobics and nutrition. In the first thirty days I lost fifteen pounds, experienced increased muscle tone and mental concentration, decreased problems with depression, high cholesterol and asthma to the point where medication is no longer needed."

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# Client Testimonials

*Continued from Page 6*

**Lee Ann Shedleski-Holmden** - "I have been a student in Monique's weight training class for about four years. Monique's teaching style is a pleasant blend of encouragement, praise, challenge and humor. Her passion for weight training becomes contagious as illustrated by the multiple students who return to class, session after session."

**Debbie Kennedy (Muscle Mania Participant)** - "I've had a lot of fun in class. More fun than I think you are supposed to have exercising!"

**Tim Kamp (Iron Cardio Participant)** - "Monique, I just wanted you to know how thankful I am for your encouragement and instruction over the last 6 months. I have lost weight, increased my energy level and require less sleep and most importantly FEEL better every day. You have the right blend of challenge and goals that get the results I want. I actually look forward to class and dread it when I'm absent. Through your help I actually want to exercise. Thanks again for the transformation."

## *Coaching Clients*

**Chris Kocsis (Grand Rapids, Michigan)** - "With Monique's help I've discovered my authentic self, have learned to set boundaries and eliminate tolerances, and have begun a nutrition and exercise program that is suited just for me. The progress I've seen in just eight weeks has been liberating, and my energy level and motivation are tremendously increased."

**Rene Wild (North, Aruba)** - "I really believe that coaching can make a difference in anybody's life. Actually having The Lord in Heaven and a coach on earth is just perfect."

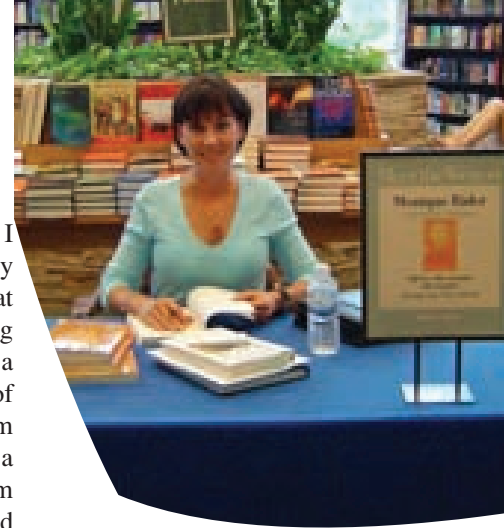
**Jenifer Parades (Santa Barbara, California)** - "You listened when I needed to process, so I processed with you. I believe that was when the coaching happened-- having you there to just listen was key!"

**Lisa H. Gold, Ph.D. (Grand Rapids, Michigan) Associate Director, Pharmacia** - " (Prior to coaching) I was under a lot of stress dealing with major change in my professional situation as well as a medical issue that required major surgery. I was having difficulty dealing with these issues and needed help in developing a strategy for effectively functioning both in anticipation of these events and in moving beyond them. (Now) I am much less stressed about the challenges ahead. I have a better attitude about things I have no control over and am able to evaluate various stages of these situations and respond in a productive, rather than destructive, manner. Monique has a very calm and low key style yet she actively facilitates the process. She is very effective at keeping you on task and promoting follow-through. Coaching was an effective way for me to more easily manage a particularly difficult time and I hope to apply the skills I developed to other situations in the future."

**Phoenix Touray (Grand Rapids, Michigan)** - "Through coaching I have released the need for outside validation and learned to detach from negative people, places, and things. I found your style of coaching to be gentle, soft, but firm. You are a great listener, concise in your suggestions, and asked questions that helped me find my own answers. You empowered me to be authentic and to stop tolerating anything that is not for my highest good."

**Lynne Hutchinson (Hillsborough, New Hampshire)** - "I was going through several major life transitions and was finding it challenging to determine which one to focus on first. Due to the level of stress these transitions created, I had let go of my self-care practices and felt stuck on many levels. While Monique and I worked together my energy shifted from stuck to focused. My self-care habits have fallen back into place, and I am taking positive action towards my new vision. Coaching helped me to go from overwhelm to clear, to trust my inner voice and find the courage to take the leap towards my dream. Monique brings an incredible amount of life experience, skill, and knowledge to her work. I was constantly impressed with the information and resources she shared on each call (and between calls) and I appreciated her warm supportive style. I would recommend her to anyone dealing with transition and/or self-care challenges."

Amy Ewart (Ontario, Canada) President, Secretarial Solutions -  
"Monique has the ability to relate, connect and perceive the strengths within me. She hones in on those assets and encourages me towards pathways of greater success. She



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**BodyLife Dynamics, LLC™**

# Client Testimonials

*Continued from Page 7*

has profound intuition and is teaching me to listen to mine as well. She has gently and logically guided me to more practical ways of not only operating my business but my life and family goals.”

**Rob LaPointe (Arlington, Virginia)**  
**www.kungfufightingtips.com -**

“Less than two weeks after beginning Monique’s intensive coaching program I was booked for my first radio show. A week after that I had a press kit set up on my web site. Since completing Monique’s coaching course I’ve been booked for two corporate health fairs and, just this morning, received an email inquiry regarding an in house corporate self-defense seminar. All of this activity is the direct result of the professional, media savvy techniques Monique’s coaching has added to my marketing game plan.

In addition to being an excellent resource of both on and off line marketing insider’s tips, tricks and know how, Monique has a personal style that combines intelligence, insight, and genuine enthusiasm for her client’s goals. I recommend her to anyone working toward positive, measurable change in their personal and professional lives.”

**Susan Race (Philadelphia, Pennsylvania)** – “Throughout our conversations, Monique often injected humorous comments that lightened the pressure and intensity of an issue. I have been most fortunate to receive her coaching. She gets right to the heart of an issue, always leaving me feeling acknowledged, heard, and confident in my next steps. I admire how effectively Monique creates awareness, focuses on planning and setting goals, and co-creating with the client actions for the client to achieve their desired outcomes.”  
**Kim Roberson (Phoenix, Arizona)** - “The process Monique and I used during our coaching sessions has been incredibly

helpful in all aspects of my personal and professional life. I can take an issue and work through it now, defining it, work an action plan and come to a solution. I feel truly empowered and stronger from the work I have done with Monique.”

**Malia Brown (Park City, Utah)** - “Monique, the past few months under your coaching have been insightful and rewarding. I’m so thankful for your kindness and generosity. I am on a new path in 2007 and I’m looking forward to the journey.”

## *Training & Development Participants*

**The Edge participant (Phoenix, Arizona)** “Great program! I enjoyed the entire day.”

**Alison (Phoenix, Arizona)**  
“The handouts showed me how to correct my eating. This program was very easy to understand and as good as a ten-hour class at the hospital level!”

**Nancy Skinner (Phoenix, Arizona)** “Outstanding! Excellent training session! Well worth my time.”

**Carol Satterlee**  
**Student Support Services International Coach Academy -**  
“I attended your teleseminar

and in that short time that you spent coaching me and giving me your insight, I have put more attention towards finding my patience and inner vision to fit where and who I am today. Your insight and support has meant so much to me. I feel my own vision and purpose becoming clearer and clearer and thus will reflect onto others as I speak with them. So I reach out my hand in thanks to you, to acknowledge how powerful your words and support have been to me.”

**Janifer Paredes (Santa Barbara, California)** - “I joined the call on Thursday, with the Health and Fitness SIG (special interest group) and really enjoyed hearing your presentation and your story. It was very inspiring to hear how it all came together for you. I am just getting started with my coaching practice. Thank you for showing me that it is possible to have a successful coaching practice an to have fun doing it.”

**Heidi Richards (Miramar, Florida)**  
**Founder & CEO, WECAL.org -**  
“Monique, thank you so

much for allowing me the opportunity to host the presentation you made on June 13th during a segment of the Women’s Ecommerce Association, International Wire-side chat event. Your program ‘Becoming an Infopreneur with EBooks’ was incredible, to say the least. I have received great feedback from our members and guests expressing how truly wonderful your program was. Some of the comments were: “...it was well worth my time,” and “Monique gave us some ideas we can use immediately in our online endeavors!” Thanks again for being a part of the WECAL faculty – you’re terrific!”

**Monica (Phoenix, Arizona)** - “Thanks for all that you have done to help me live a healthier life. I had been stuck for quite some time. God bless you and your family.”

**Chandra (Phoenix, Arizona)** - “I just wanted to say thank you for everything. You have been very informative and I am really excited for what is to come!!”

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