
MONICA GARCIA DUGGAL

Helping others live a well-rounded,
high-quality life they love.

ABOUT ME

Monica helped countless entrepreneurial, startup, visionary, technology, and consulting firms achieve financial stability and success. However, after suffering from migraines from such demanding work, she began cultivating a relationship with meditation that brought her back to center. This life-changing experience led her to create the Whole Health Method.

Monica is able to come alongside you to reveal the power of her simple and sustainable practices. She creates a powerful environment within groups and communities because the true beauty of holistic health is in the coming together of like-minded high-achievers working toward the same goal.

Partner with Monica and watch the transformation begin with your audience today!

INTERVIEW TOPICS

- Inspiring athletes to find their inner toughness in order to achieve greatness
- Self-care for professionals, high achievers, or business owners
- Meditation
- Holistic health

