

I help women heal the things that are blocking them from having the  
**Relationships, Sex & Connection**  
that they want.

*Blocks to love, connection, and intimacy can feel like...*

- \* Deep down you feel like you're not enough for someone to really want you and be satisfied with you.
- \* You feel deeply critical of yourself.
- \* You constantly feel like you have to prove yourself.
- \* You don't feel truly chosen & loved for who you are.
- \* You don't feel like it's possible for you to have all the things you want in life.
- \* You feel like your body is not your friend and cannot be trusted. She is never the exact right weight, shape, or healthiness.
- \* You feel you're too old to be desired & chosen.
- \* You believe single motherhood makes you less desirable or skilled in relationships.



I want you to know that it is absolutely possible for you to have the life-changing sex, orgasms, and deep connection you want with your partner while feeling emotionally safe and beautiful in your own skin, even if you've experienced trauma and wounding in your past that has created emotional and physical barriers to the closeness and intimacy you want.

Together, we work through the 6-part framework I've developed so you can get back into your body, ignite your turn-on, and start having the best sex and intimacy of your life at every age and any stage of relationship- married, partnered, dating, widowed, or any space in between.

*It is incredibly powerful to admit that in spite of your past you still want a life filled with epic love, connection, and sensuality - and then decide to create it.*



To find out what programs and offerings are currently available for us to work together,  
please reach out to me at

**[monica@monicaballard.com](mailto:monica@monicaballard.com)**