



Transformation Coach &
Intuitive Mentor

www.monikabenoit.com

2026 Media Kit



Monika Benoit



Monika Benoit is an internationally recognized Transformation Coach, Intuitive Mentor, Hypnotist, host of Beyond Human podcast, and Executive Contributor for Awakened Magazine. She is the creator of Quantum Manifestation Hypnosis™ (QMH), a science-based, energetically precise method that calms the nervous system, reprograms the subconscious mind, and allows you to embody your most abundant, confident, and connected self.

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"My time with Monika was amazing! Together, we addressed and healed a childhood trauma with the help of hypnotherapy and my higher self. She took the time to make me feel safe and supported. She is a pioneer as a Light Worker and healer."

- Amy G.

 > **3k**
Individuals
Coached

 > **10k**
1:1 Sessions
Conducted

 > **18**
Years of
Experience

 > **15**
Professional
Certifications

Book Monika for a Your Podcast or Live Event

Monika blends practical mindset tools with deep energetic work, giving listeners instant inspiration, clear next steps, and strategies they can apply in life and business.

Monika's Areas of Expertise

- Healing Survival Mode to Create Sustainable Prosperity
- Nervous System Regulation for Scaling a Soul-Led Business
- Quantum Manifestation Without Spiritual Bypassing
- Rewiring Money Trauma Through Hypnosis & EFT
- Embodying Your Future Self Without Burnout

Monika's Signature Framework

Quantum Manifestation Hypnosis™ + Quantum Embodiment™ Healing

1. Regulate the Nervous System
2. Access the Subconscious Through Hypnosis (QMH)
3. Recode Identity + Beliefs
4. Release Emotional Charge with EFT + Hypnotic Suggestion (QE)
5. Embody Prosperity + Aligned Action

Who Monika Helps

Monika helps soul-led business owners, coaches, and visionary leaders who feel burnt out or stuck. Listeners walk away feeling grounded, clear on their next steps, and able to identify what they truly need: rest, regulation, or the ability to receive.

Why Now?

Many soul-led entrepreneurs are burnt out and stuck in survival mode despite doing deep inner work. They're searching for grounded, trauma-informed approaches that help prosperity feel safe and sustainable.

Why Monika?

Monika's approach combines hypnosis, EFT tapping, nervous system regulation, and practical strategy. She helps listeners understand how to create real transformation at the subconscious level.

How Does Your Audience Benefit?

If your listeners are growth-oriented and purpose-driven but occasionally struggle with overwhelm, money blocks, and sustainable growth, Monika shares wisdom and practical advice that produce profound shifts.

AS SEEN IN

