

# Cooking Up a Healthier Life: The "Recipe" for Relationship Success



**Why do some relationships thrive while others wither away?** In this workshop, Monique, the Ingredient Geek serves up a "recipe" for creating relationships you'll savor.

**With over 30 years of experience,** she uses her degree in Sociology / Counseling, and her years as a Certified Image Consultant, to help people learn to communicate better and build healthier relationships.

## **The ingredients to Monique's "recipe"**

**PERSONALITY:** She uses the DiSC Profile assessment tool for help in identifying individual personality types and behaviors.

**PARTNERSHIP:** She then merges that knowledge with an understanding of love and apology languages to guide people on ways to adapt their behavior and co-exist with others peacefully.

**PRESENTATION:** By adding tips on body language and clothing choices, she is able to help bring out each person's unique personality to present to the world.

**As a girl, Monique Bottger was a vision to behold.** She wore glasses and braces with full headgear. She suffered from acne and red, itchy patches on her skin. And she was brainy. In other words, she was the epitome of what some would call a "geek."

**She continues to embrace her inner geek** because it allows her to provide people with information that helps them lead healthier, toxin-free lives.

**Monique believes that relationship success is also tied to living a healthy lifestyle.** To enlighten people on how to identify unhealthy ingredients in everyday items and inspire them to find good-for-you alternatives, she also offers the "**Swapping Toxins for Healthy Options**" workshop.

In addition to customized seminars and workshops, **she cooks up "recipes" for Healthy Living, Healthy Products, and Healthy Relationships** on her blog [TheIngredientGeek.com](http://TheIngredientGeek.com).

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