



DUPREE MONK, JR.

REIKI PRACTITIONER
LIFE & PERSONAL DEVELOPMENT COACH

HEALING THROUGH UNCONDITIONAL LOVE, GUIDANCE, & ALIGNMENT

Dupree A. Monk, Jr. is an established Reiki Practitioner and Life & Development Coach helping youth and adults achieve unconditional love within themselves, while unearthing their personal foundation. He founded 4 Love Personal Development & Life Coaching to expand the horizons of those seeking healing, growth, and happiness to transition their lives into new beginnings. Through workshops, speaking engagements, and services, he welcomes all to a new, personalized healing experience that goes beyond the surface.

WORKSHOPS

- ◆ **ACTION TO ELEVATION**
Receive guidance and tools to approach life with a renewed outlook utilizing two core elements, honesty & self-awareness.
- ◆ **RECLAIM YOUR LIFE**
Enhance your personal development by learning from mistakes, shifting your perspective, and adopting new skills with actionable steps to apply as a result.
- ◆ **HOW TO C.O.P.E. WORKSHOP:
CHANGING OUR PERSPECTIVES & EXPERIENCES**
Increase your conscious efforts to engage in your spirituality, invest in your highest self, and master your mental clarity.



SPEAKING TOPICS

- PERSONAL DEVELOPMENT
- REIKI HEALING & PRACTICES
- CREATING THE 4 LOVE POINTS
- UNEARTH YOUR PERSONAL FOUNDATION
- UNDERSTANDING THE CHAKRAS

ENGAGEMENTS

- ◆ SCHOOL PROGRAMS
- ◆ TEEN & YOUTH GROUPS
- ◆ NONPROFIT ORGANIZATIONS
- ◆ WORKSHOPS