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SPECIAL ISSUE

ISSUE 02

QUARTERLY DIETS



The Catalyst.

- Africa's Foremost Coaching Digest -

MONACO

QUANTUM WEALTH MANIFESTATION



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<https://thecatalystng.com/>

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Editorial Team



Dr. Lanre Olusola
Publisher/Editor-In-Chief



Emmanuel Emeh
Managing Editor / Content Director



Kemi Oye
Sub-Editor / Correspondences



Collins Alunomoh
Publicity & Marketing



Idongesit Peter
Administration / Correspondences



MEET OUR TEAM

Publisher/Editor-in-Chief

Dr. Lanre Olusola

Managing Editor

Emmanuel Emeh

Art & Content Director

Emmanuel Emeh

Sub-Editor / Correspondences

Kemi Oye

Publicity & Marketing

Collins Alunomoh

Administration / Correspondences

Idongesit Peter

CONTRIBUTORS IN THIS ISSUE

Ifeoma Ukabiala

Emmanuel Emeh

Idongesit Peter

Kemi Oye

Dr. Lanre Olusola

Enna Ajegbo

Ireti Obembe

Banke Sotomi

For Feedback, Advert
Placement and Other
Enquiries, please contact
the Editor:

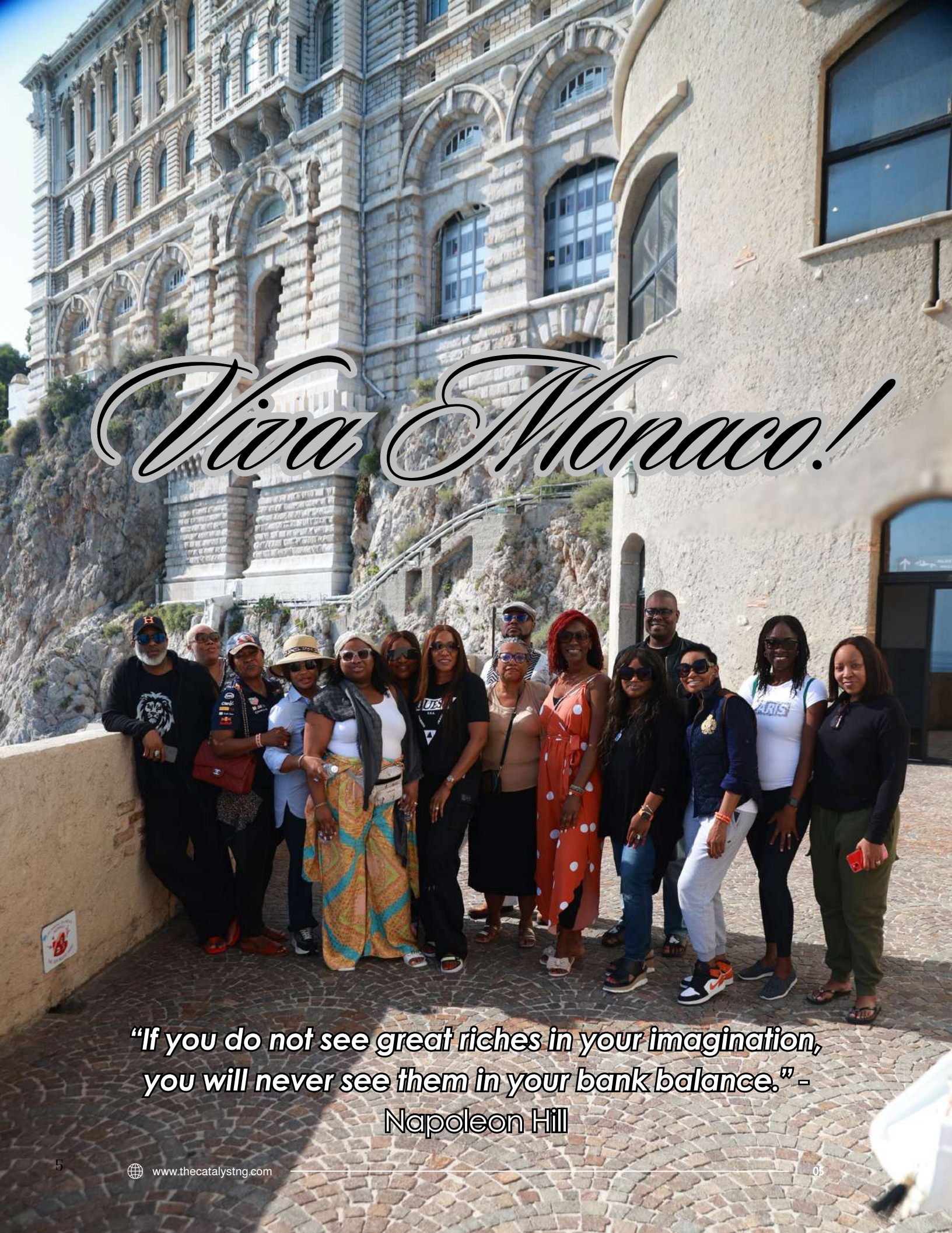
+234 809 888 3555

+234 807 707 7090

+234 817 882 6391

WWW.THECATALYSTNG.COM
HELLO@THECATALYSTNG.COM
[@THECATALYST](https://www.instagram.com/THECATALYST)





Viva Morocco!

***"If you do not see great riches in your imagination,
you will never see them in your bank balance." -
Napoleon Hill***

From the Editor

Unlocking Potential, Inspiring Change: THE CATALYST'S SPECIAL EDITION CHRONICLES TRANSFORMATIVE MOMENTS

Dear Catalyst Community,

At the dawn of this promising new year, we are thrilled to unveil a special edition that transcends the ordinary—a testament to the extraordinary journey of transformation.

This special edition of The Catalyst captures and celebrates the transformative moments that have unlocked potential and inspired change. It provides a comprehensive chronicle of these significant events, showcasing the power of individuals and organisations to make a lasting impact.

Embark on a riveting journey with us as we recount the enriching experiences of the Monaco Quantum Wealth Manifestation Retreat. Discover how this transformative event unlocks the potential within individuals and inspires positive change in their lives. Delve into the stories that showcase how these initiatives have made a lasting difference, emphasising the power of collective action.

This edition unfolds a visual tapestry of the retreat's highlights—luxurious hotel check-ins, exclusive helicopter rides, and insightful masterclass sessions led by The Catalyst, Dr. Lanre Olusola. Participants from North America, Europe, and Africa engaged in

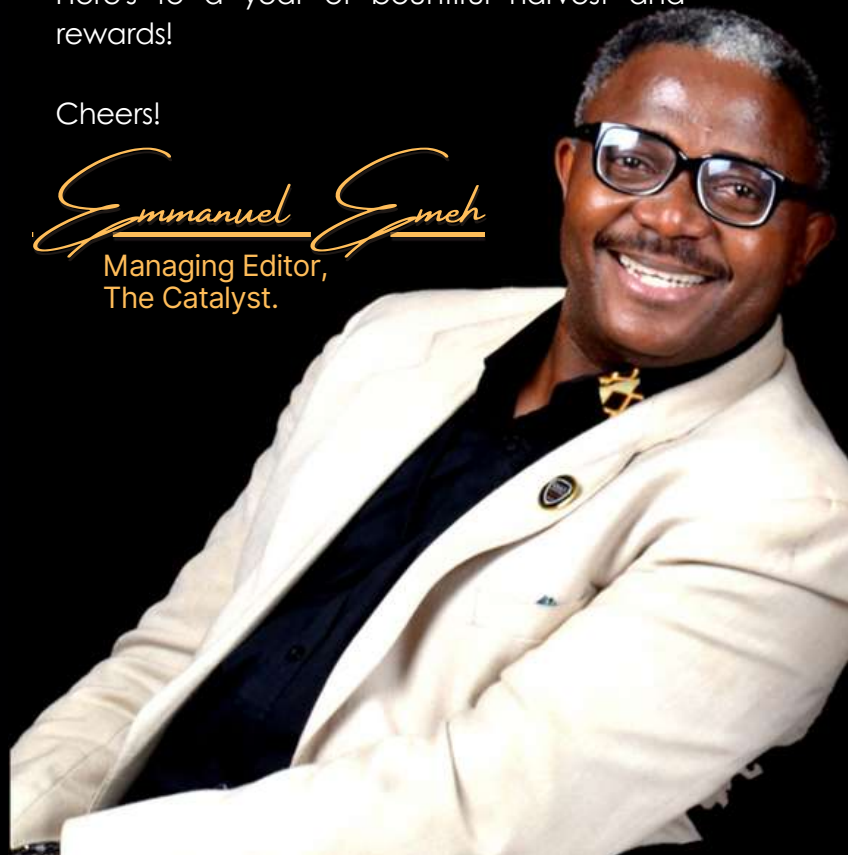
deep meditations, explored the city's exotic locales through a vibrant bus tour and forged connections that transcended borders.

As we navigate through the intricacies of coaching, wealth manifestation, and holistic living, The Catalyst remains committed to guiding our community towards a future where the impossible is debunked and the possible is realised. May this special edition inspire you to embrace transformative moments and unlock the extraordinary potential within.

Here's to a year of bountiful harvest and rewards!

Cheers!

Emmanuel Emeh
Managing Editor,
The Catalyst.



THE MINDSET OF THE RICH *Versus* THE POOR

The Catalyst

(This article is adapted for print, from a television conversation with Coach Ula and The Catalyst, on "The Money Book")



Money, often deemed the answer to many of life's questions, is a subject that resonates with all. In this article, adapted from a TV interview with the Catalyst by Coach Ula, we delve into the nuances of wealth, not merely in monetary terms but as a comprehensive concept encompassing spiritual, emotional, psychological, and physical well-being. Dr. Lanre Olusola guides us through this exploration from his book, "The Money Book." His responses have been categorised into subheadings for your reading pleasure.

THE MINDSET OF THE RICH *Versus* THE POOR

he Genesis of "The Money Book":

Dr. Olusola shares the intriguing story behind his venture into writing "The Money Book." Guided by divine inspiration, he embarked on a profound study motivated by the fact that God mentions money. The book unravels the intricate dynamics between man, money, and God, shedding light on the mindsets of both rich and poor individuals.

Understanding Wealth Dimensions:

Like health, wealth is a four-dimensional concept involving spiritual, emotional, psychological, and physical well-being. The first dimension emphasises self-development and knowledge acquisition, underscoring the importance of health as the foundation of wealth. The emotional dimension emphasises social and political intelligence, emphasising the significance of emotional and spiritual intelligence in achieving success.

The Financial Dimension:

The third dimension of wealth centres around financial aspects, including income, savings, investments, and cash flow. Money, in itself, is a means to an end and should not be the ultimate goal. The fourth dimension focuses on time and timeliness, recognising time as a valuable resource for wealth creation.

Key Differentiators Between Rich and Poor Mindsets:

Rich individuals understand the value of time and leverage it to accumulate wealth, while the poor often expend time seeking money. The rich prioritise timeliness and efficiency in their actions, recognising that time is a crucial component in wealth creation.

Defining Wealth:

Wealth encompasses spiritual, emotional, psychological, and physical well-being. It involves self-development, knowledge acquisition, and expertise, coupled with the ability to create solutions to problems.

Principles of Wealth Creation:

Below are some practical steps for individuals aspiring to create wealth:

1. Change of Environment: Move out of impoverished environments and surround yourself with those who inspire and align with your aspirations.

2. Mindset Transformation: Overcome inherited beliefs and values that may hinder wealth creation. Replace negative programming with positive beliefs and ideals.

3. Knowledge Acquisition: Seek relevant and updated knowledge aligned with your goals and purpose.

4. Time Management: Respect and utilise time efficiently, recognising it as a valuable resource for wealth creation.

5. Relationships and Networks: Build relationships with individuals who share similar goals and aspirations. Your network influences your future.

6. Habits: Cultivate positive habits aligned with wealth creation. Study the habits of successful individuals and model them. As is often said, "your network influences your net worth."

7. Visualisation and Belief: Visualise and believe in your goals. Set clear financial goals with deadlines, and work consistently towards achieving them.

Call to Action:

The rich are deliberate in setting clear financial goals and working tirelessly to achieve them. Be bold and consistent as you focus on positive aspirations for a wealthy and fulfilling life.

To embark on this transformative journey and explore the principles of wealth creation in-depth, interested individuals can obtain a copy of "The Money Book" by clicking on this link:

<https://catalystng.selar.co/?search=the+money+book>

May this insightful conversation catalyze individuals seeking to unlock the wealth mindset and manifest abundance in all dimensions of their lives.

The Catalyst

MONACO: A PLACE WHERE OPULENCE AND SERENITY MEET



A JOURNEY IS ABOUT TO BEGIN BY WAY OF THE TREASURE OF THE RIVIERA

The charming microstate of Monaco is a place that dances on the verge of extravagance and tranquillity. We would like to extend a warm welcome to you, fellow individuals who are on the move. This principality, which is located on the glitzy French Riviera, manages to easily combine richness with tranquillity, producing a one-of-a-kind tapestry that has successfully earned its position as a leading traveller's sanctuary.

At the top of the wealth ladder, Monaco, which is famed for its unparalleled richness, reveals itself to be a dazzling piece of jewellery on the shore of the Mediterranean. Simply uttering its name conjures up mental pictures of opulent boats gliding across the blue seas and the skyline being decked with opulent houses. A monument to the princely charm that has captivated the globe for decades, this hideaway for the wealthy is a place where the wealthy may flourish.

The grandeur of Monaco-Ville, the ancient centre of the principality, is tangible as you make your way through the small streets of Monaco-Ville. The Prince's Palace perched atop the cliff, standing as a symbol of regal grandeur, and the sumptuous Casino de Monte-Carlo, a playground for the privileged, generate a sensation of awe that is nothing short of cinematic.

Breathtaking Serenity Amidst Wealth: Beyond the facade of riches, Monaco provides areas of magnificent stillness. Escape the cacophony of the Grand Prix and delve into the peacefulness of the Jardin Exotique. This botanical sanctuary has sweeping views of the Mediterranean and shows a rainbow of succulents from across the world.

A short journey through the twisting alleyways gets you to the lovely Fontvieille Park, a tranquil sanctuary bordered by sparkling lakes. Here, beneath the shade of palms, take a minute to breathe in the peace that coexists nicely with Monaco's dazzling façade.

MONACO: A PLACE WHERE OPULENCE AND SERENITY MEET



Playground of the Elite: Monaco's position as a top traveller's destination is emphasised by its attraction as a playground for the elite. The waterfront teems with luxurious vessels, each a floating testimony to a life of affluence. Join the exquisite society at Larvotto Beach, where golden beaches meet the turquoise sea, creating an exclusive refuge for sun-worshippers.

When twilight settles upon the principality, immerse yourself in the unique nightlife that Monaco has to offer. The Casino Square comes alive with the brilliant lights of the Casino de Monte-Carlo and the surrounding trendy cafés and restaurants. Indulge in a culinary symphony at Alain Ducasse's Louis XV, where Michelin stars align to provide an unrivalled gourmet experience.

A Feast for the Senses: Monaco tantalises the senses not just with its visual luxury but with a gastronomic scene that matches the greatest in the world. From luxurious rooftop dining at Le Grill to the classic tastes of Monaco-Ville's bistros, every culinary experience is a feast that represents the richness and elegance of the principality.

Savour the combination of French and Mediterranean cuisines, where each dish is a masterpiece, and every sip of local wine leads you further into the heart of Monaco's gourmet essence.

Monaco: Beyond the Postcards Beyond the sparkle and splendour lies a Monaco that captivates the soul. It's the Monaco where the water whispers secrets to the cliffs, where the yachts tell stories of global travels, and where every sunset paints the sky with hues that are mirrored in the eyes of those fortunate enough to witness them.

As you follow The Catalyst crew as they guide you through their exploration of this pint-sized gem on the Riviera, let Monaco unveil its layers before you. Let its richness charm you, its peacefulness embrace you, and its reputation as a top traveller's destination become your reality.

In Monaco, where richness meets peace, every moment is an invitation to live an exceptional life.

Emmanuel Emeh

PREPARING FOR MONACO...

In preparing for the Monaco experience, All participants were required to meditate, visualize, and affirm daily using specified affirmations as well as listening to audio recordings of The Catalyst affirmations.

Samples of these Affirmations and Prayers are on the next few pages of this publication

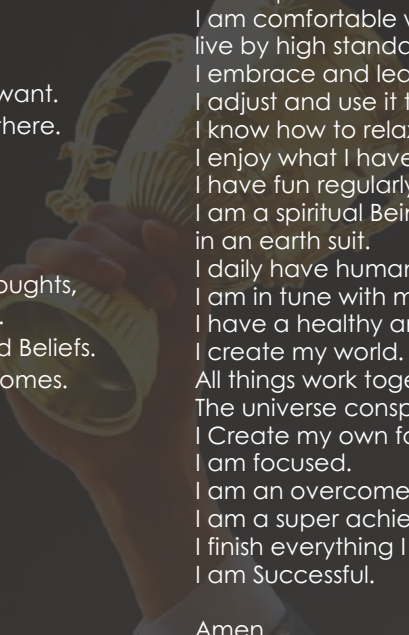


Success AFFIRMATION

I am Successful.
I look for and find opportunities where others see nothing.
I am a lifetime learner
I am solution-focused.
I see only solutions.
I am a solution.
I unconsciously, consciously and methodically create my own success.
I permit myself to be successful.
I am Bold and Courageous.
I ask the right questions.
I get the right answers.
I am constantly in a positive spiritual, emotional, mental, and physical state.
I am Always Grateful and Thankful.
I am in Charge of my Life.
I Take Full Responsibility for my Actions and Outcomes.
I Daily Maximize my Potential.
My Gifts daily work and produce for me.
I Effortlessly Succeed.
I use what I have Effectively to Create what I want.
I am Successful, Productive and Proactive.
I align myself with Successful, Like-minded people.
I have a Vision.
I know my Purpose.
I have a Success Plan for my life.
I Pursue and Fulfill this Plan daily.
I have Clarity and Certainty about what I want.
I know Where I am going and how to get there.
I daily walk my path to greatness.
I am Innovative, Creative and Dynamic.
I take the right action at the right time.
I am Practical, Down-to-earth and Real.
I am a master of my emotions, feelings, thoughts, perceptions, words, beliefs and behaviour.
My Success Goals align with my Values and Beliefs.
I take my chances when my opportunity comes.
I am a Good, Effective and Inspirational Communicator.
I am Extraordinarily Successful.
I am Special and Unique.
I am Authentic and Original.
I have Value.
I create Value.
I am Valued.

I do my Best at all times.
I have the Spirit of Excellence.
I am Balanced.
I have Tranquility and Peace.
I am Full of Joy.
I Love what I do and I do what I Love.
I am Fulfilled and Content.
I have ALL the Resources I need to Succeed.
I have Self Control.
I am Prudent and Disciplined.
I make more money than I spend.
I have a Healthy Self-worth.
I am Self-confident.
I Love myself and others.
I am Kind, Empathic and Compassionate.
I am Selfless and Generous.
I am fit mentally, emotionally, physically and spiritually.
I am Healthy and Well.
I am Happy.
I am Humble.
I am Grateful even for my mistakes.
I am Adaptable and I embrace change.
I am Hardworking, Committed and Diligent.
I am Persistent, Resilient and Purpose Driven.
I am Open to all feedback.
I Act on all Relevant feedback.
I hang around good, wise, positive, successful and God-fearing people.
I am a pathfinder and trailblazer.
I am comfortable with my own company; I set and live by high standards.
I embrace and learn from failure.
I adjust and use it to my benefit.
I know how to relax.
I enjoy what I have in my life.
I have fun regularly.
I am a spiritual Being with a mind and emotions living in an earth suit.
I daily have human experiences.
I am in tune with my spirituality and divinity.
I have a healthy and positive Identity.
I create my world.
All things work together for me.
The universe conspires on my behalf.
I Create my own fate, destiny, chance and luck.
I am focused.
I am an overcomer.
I am a super achiever.
I finish everything I start.
I am Successful.

Amen



The Catalyst

Wealth & Riches AFFIRMATION

I Desire to be Wealthy and Rich.
I am Ready for a Blessed Future.
I Permit myself to be Wealthy and Rich.
I have Decided I am Wealthy and Rich.
I am Wealthy and Rich
I live in Plenty.
I have Abundance.
Only Good comes to me Today and Everyday.
I have Integrity and Discretion.
I am Responsible.
I am Resilient and Persistent.
I am Trustworthy and Loyal.
I Make the Right Choices.
I am Enterprising, Productive and Prosperous.
Everything I Touch Increases in Value.
I Create Value.
I am Valued
I Sense, I See and I Seize Every Opportunity.
I See Good in ALL Things.
I Hear about and Speak only of Wonderful Things
I am Content, Satisfied and Stable.
I Experience a Wholesome Life Balance
I have Personal Power
I have Access to where the Treasures of darkness is Hidden.
I know the Secrets of Riches and Wealth
I Attract Money Daily.
Money pursues me.
I am a Cheerful Giver.
I am a Solution to many problems.
I am Focused.
I am Grateful and Thankful for my Blessings.
I am a Blessing
I am in Charge of my Finances.
I daily Maximize my Potential.
My Gifts daily Produce for me.
I am Effortlessly Wealthy and Rich.
I am daily in the company of like-minded Wealthy and Powerful people.

My Vision is Clear.
My Purpose is Divine.
I have Adopted God's Financial Plan for my life.
I Follow and Fulfill it daily.
I daily walk my path to Greatness, Wealth and Prosperity.
I am Innovative, Creative and Dynamic.
I take the right action at the right time.
I use what I have Effectively to Create my Wealth.
I am Practical, Productive and Proactive.
My Financial Goals align with my Values and Beliefs.
I am Extraordinarily Wealthy and Rich.
I am Special and Unique.
I am Authentic and Original.
I have and use all the Resources I need to Prosper myself and others.
I have Self Control.
I am Prudent and Disciplined.
I am Adaptable and Dependable.
I am Hardworking and Committed.
I am Relevant and Significant.
I make more money than I spend.
I have a healthy Self Worth and Esteem.
I am Self-confident.
I Believe in Myself.
I am Kind, Empathic and Compassionate.
I am Selfless and Generous.
I am fit mentally, emotionally, physically and spiritually.
I am Healthy and Well.
I am Grateful and Thankful.
I Generate Ideas that Produce Wealth and Riches.
I Execute all my Ideas
I Swim in Plenty.
I know exactly what I need to do and give in return for the exact amount of money I Desire.
ALL this Money is Already in my Possession.
I know How much I am Worth.
I am a multi-billionaire.
I am Blessed with ALL Spiritual Blessings.

Amen

The Catalyst

The Dominion

AFFIRMATION & PRAYER

I see me take DOMINION of my own portion of the 7 Mountains and I receive the 7x7 Blessings and Inheritance based on the Abrahamic Covenant as released unto me from now daily and fully in Monaco in October.

I Manifest the 7x7 blessings of ...

- 1) Peace
- 2) Love
- 3) Hope
- 4) Healing
- 5) Harmony
- 6) Abundance
- 7) Joy

and

- 1) Blessing
- 2) Glory
- 3) Honour
- 4) Wisdom
- 5) Wealth & Riches
- 6) Power
- 7) Strength.

I take DOMINION over and I POSSES the mountain(s) of...

1. Home & Family
2. Religion – (Spirituality & Intimate relationship with God & Living His Purpose)
3. Business – (Economy, Finance & Entrepreneurship)
4. Politics – (Government & Governance)
5. Education (Coaching/Learning for Personal and Professional Progress, Self Mastery, Emotional Intelligence, Growth, Success and significance in Alignment with God's Purpose for me)
6. Media & ICT – (Technology, Communication, Social, Digital & Traditional Media)
7. Arts & Culture – (Entertainment, Music, Movies, TV, Radio, Celebration, Sports - Change of Traditions, Beliefs, Mindsets, Culture etc.)

Father, I thank you

Hallelujah

Amen

TheCatalyst

The Wealth Manifestation

AFFIRMATION & PRAYER

(Inspired by Ephesians 1: 18-23)

My Almighty and Heavenly Father, I
THANK YOU...

Because the eyes of my heart are
flooded with your light, I now see, know
and understand the hope to which you
called me, and how rich and wealthy
your glorious inheritance is in me a saint
(That you set- apart unto yourself),

I also now know and understand the
immeasurable and unlimited and
surpassing greatness of your power in
me and for me as I believe, in my heart
and as I have heard and read of the
demonstrated working of your mighty
strength, as exerted in Christ when you
raised Him from the dead and seated
Him at your [own] right hand in the
heavenly [places].

I know that I am also seated in and with
Christ right now at your right hand of
authority and power as your child.
Far above ALL rule (principalities) and
authority and powers and dominion
(rulers of the darkness of this age) and
every name that is named [above
every title that can be conferred,

above all spiritual hosts of wickedness
in high places], not only in this age and
in this world, but also in this new era and
any new age and new world which are
to come.

All things have now been placed under
your feet and as Christ is the new
appointed Universal and Supreme
Head of all your new chosen
generation and children, who represent
your body here on earth.

I am therefore now and I manifest as,
the full expression of the Almighty God,
who fills all in all.

In you o God

I LIVE, I MOVE and I HAVE MY BEING

As I daily manifest the full measure of
the Almighty God, The I AM that I AM.

Thank you for everything is complete
and finished in my life.

All is perfect in and with me, according
to your perfect will and purpose for me
I am complete in you, who fills
everything, everywhere with yourself.

Hallelujah

Thank you, Lord

Amen

The Catalyst

THE CATALYST

Goody Bag

(Gifted to Every Monaco Participant)



WHAT IS A GEMSTONE?

A Gemstone is a natural beautiful, durable, and rare natural mineral, rock, or organic matter that has been selected for its value, it's used to make jewelry or other human adornments but most especially its chosen for its healing properties just like many other gifts of nature.

Gemstones belong to material or rock classifications that share a common crystal structure and chemical composition.



Unlock the Power Within with The Catalyst Gemstone Bracelets

THE CATALYST

Gemstone Bracelets

Gemstone Bracelets from THE CATALYST

Immerse yourself in the enchanting world of culture, spirituality, and mystique. The Catalyst Gemstone Bracelets are not just accessories; they are gateways to timeless elegance and an elevated state of being.

Inspired by ancient wisdom and modern beauty, our eight variants intertwine captivating gemstones with intricate craftsmanship. Each bracelet, a masterpiece in its own right, holds the key to unlocking your true potential.

Indulge in **IYÙN** - The Coral, as it energizes your aura, bringing vitality and passion to your endeavors.

Let **DÚDÚ** - The Onyx be your guide, empowering your inner strength and providing protection throughout your journey.

Immerse yourself in the depths of **ÌRÀWỌ** - The Lapis, where wisdom flows freely, unveiling the truth within.

Ignite your fiery spirit with **PUPA** - The Garnet, radiating confidence and stimulating creativity like never before.

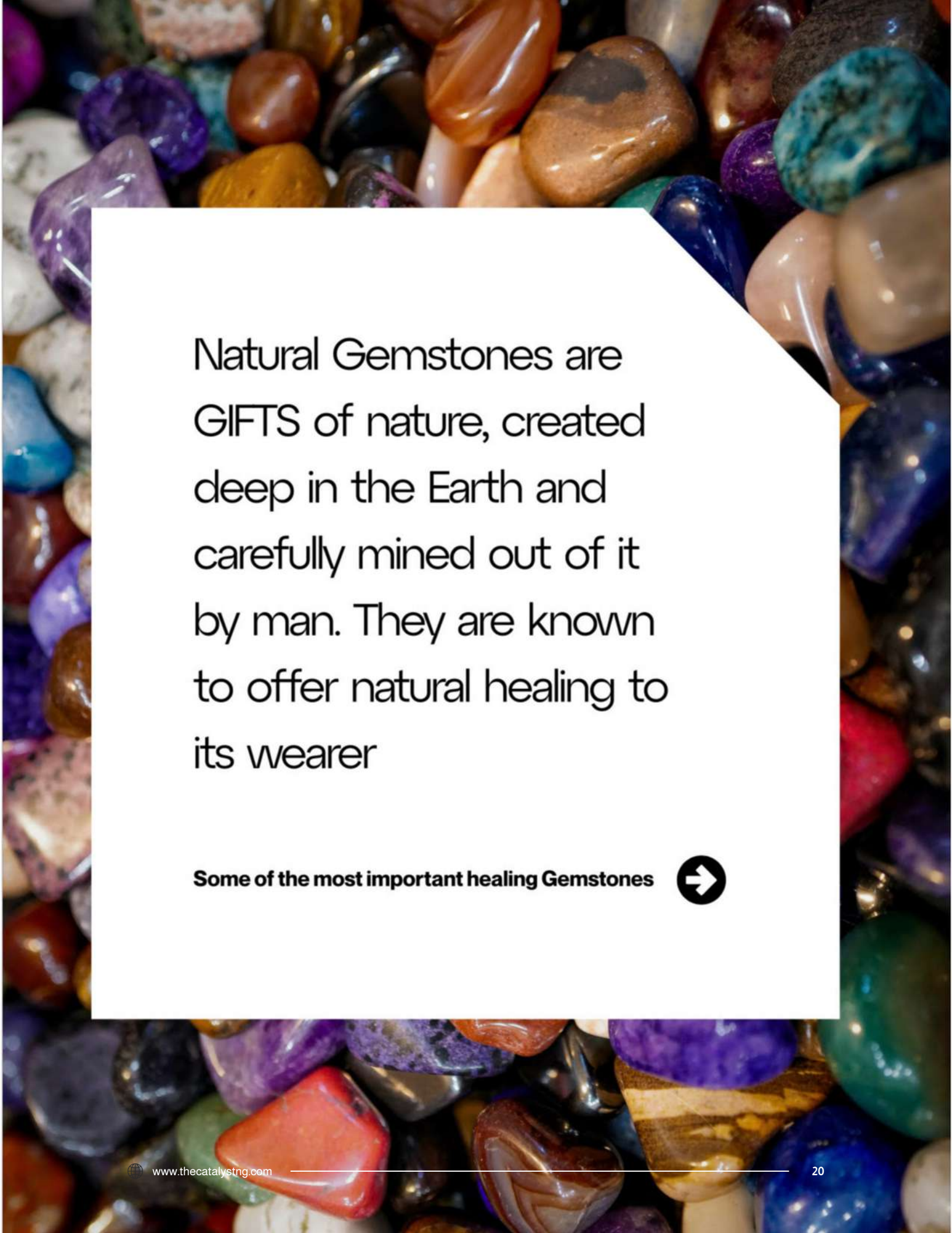
Experience the soothing embrace of **ÒFÉÈFÉ** - The Citrin, a radiant gemstone that enhances abundance, joy, and prosperity.

Dive into the tranquility of **ÒKUN** - The Aquamarine, as it washes away stress and invites serenity into your world.

Unleash the untamed power of **ẸKÙN** - The Tiger Eye Gemstone, fueling ambition and instilling courage with every step you take.

Embrace the grounding energy of **IRIN** - The Pyrite, a symbol of wealth and manifestation, heralding success and attracting abundance.

<https://catalystng.selar.co/?category=gemstone-bracelets>



Natural Gemstones are
GIFTS of nature, created
deep in the Earth and
carefully mined out of it
by man. They are known
to offer natural healing to
its wearer

Some of the most important healing Gemstones



PYRITE



Hi Dear,

My name is "IRIN", I'm the Pyrite Gem Stone.

- I give you spiritual, mental, emotional and physical strength, stamina and control.
- I inspire creativity and bring a dash of added sparkle into your life.
- I encourage courage, confidence and leadership qualities, helping you step up to your own potential, improving your willpower and well-being.
- I increase masculine energy and help overcome depressive thoughts, fear, worry, anxiety and phobias.
- I help cleanse the body and fight viral infections, reducing fevers, and strengthening the immune system along with the respiratory system.
- I help improve lung health, breathing, stimulate the endocrine function and help with male fertility issues.
- I rekindle any lost libido, sexual prowess, drive or distant passion, make you feel like you are ready to embrace life once again and soar to great heights.

Wear me when you want to Activate these ENERGIES

Shalom

THE CATALYST

*Dr. Laura
Olorota*



Gemstone Bracelets
from
THE CATALYST

THE CATALYST

Gemstone Bracelets

Adorn your wrist with The Catalyst Gemstone Bracelets and let the legends become a part of you.

Watch as these sacred stones positively transform your outward appearance and inner well-being, harmonizing your mind, body, and soul.

Handcrafted with love and attention to detail, our bracelets are more than just beautiful adornments - they are tools that elevate your spirit and enhance your personal journey.

Each gemstone, carefully selected for its unique properties, infuses its wearer with positive energy.

Become the catalyst of your own destiny, embarking on a transformation that transcends time. Let The Catalyst Gemstone Bracelets be your constant reminder of the power you hold within.

Experience the divine fusion of beauty and purpose with The Catalyst Gemstone Bracelets - where elegance meets enlightenment.

<https://catalystng.selar.co/?category=gemstone-bracelets>

WHY YOU NEED...



Emotional Connections

Emotional connections are an essential aspect of human life. They are what make us feel alive, happy, and fulfilled. Without emotional connections, life would be dull and meaningless. We need emotional connections because they help us form relationships that provide support, comfort, and love. These connections allow us to feel a sense of belonging, which is crucial to our mental and emotional well-being.

Emotional connections are necessary for personal growth and development. They help us learn about ourselves and others, giving us a better understanding of the world around us. Emotional connections also allow us to express ourselves and be vulnerable, which is crucial for building trust and intimacy in relationships. Sometimes we just need someone to listen to us.

Emotional connections are a fundamental part of what it means to be human. They provide us with a sense of purpose, belonging, and personal growth.

Without emotional connections, life would be incomplete.

How connected are you with the people that matter the most in your life?

You may want to start with booking a session with a coach.

<https://www.thebloom buddy.com/coach-me>

THE CATALYST

Illuminaire

Introducing The Catalyst Illuminaire Collection:
Where Vision Meets Style.

Elevate your look with the perfect blend of sophistication and allure. The Catalyst Illuminaire takes eyewear to new heights, bridging the gap between fashion and function effortlessly.

For the trendsetter in you, empower your style with our exquisite collection that caters to all genders. Crafted with meticulous attention to detail, our male, female, and unisex designs redefine elegance and capture the essence of individuality.

Step into a world where frames become a reflection of your personality. Whether you prefer bold and daring, sleek and timeless, or minimalist and chic, The Catalyst Illuminaire offers a kaleidoscope of colours that will ignite your imagination. From classic hues to vibrant shades, our palette encompasses all the hues of your vibrant lifestyle. Experience unrivalled comfort that embraces the very essence of luxury. Our eyewear is meticulously engineered to ensure a perfect fit, providing unparalleled support for your eyes all day long. With every wear, feel the difference that our premium materials make.

Transform the way you see the world with lenses that enhance your vision.

Click the link below to order

<https://catalystng.selar.co/?category=the-catalyst-illuminaire-collection-men>



THE CATALYST

Illuminaire

INTRODUCING THE MONACO ESSENTIAL OILS QUARTET

BY THE CATALYST



Introducing the dynamic quartet of essential oils that invigorate your mind, body, and soul -
Lemongrass, Rosemary, Peppermint, and Lavender.
(Each participant at the Monaco retreat received one that suited their identity and essence)

Unleash the refreshing zing of **Lemongrass**, an energizing tonic for your senses. Its bright and citrusy aroma will uplift your mood and melt away fatigue, leaving you revitalized and ready to conquer the day.

Experience the stimulating embrace of **Rosemary**, a powerhouse of herbal bliss. Its invigorating scent heightens focus and concentration, awakening your mind and boosting productivity. Prepare to soar to new heights of mental clarity and inspiration.

Ignite a cool and refreshing sensation with **Peppermint**, the ultimate revitalizer. As its crisp and minty aroma permeates the air, it awakens the senses and provides a burst of refreshing rejuvenation. Bid farewell to stress and embrace a renewed sense of vigour.

Indulge in the tranquillity of **Lavender**, the epitome of relaxation. Its soothing floral notes will wash over you, easing tension and inviting a sense of calm into your life. Lured into a state of serenity, you'll drift away into a blissful oasis.

Lemongrass Essential Oil

It helps improve relationships with self, partner, and others. It enables open dialogue, effective communication, and receiving criticism with ease. It helps you communicate with the divine and your inner self better.

Anoint yourself with it before a dangerous or difficult undertaking. It will protect you from bad thoughts and feelings, helping you stay grounded and achieve the goals you set out for yourself.

It protects you from harmful electromagnetic rays from devices like TVs, smartphones, computers etc.

It helps open your heart, calm your mind, gives you clarity from within yourself. It helps overcome resentment, grudges, bitterness, unforgiveness and unhealthy fixations.

It is a soul cleanser. Helps overcome anxiety, depression, low self esteem, emotional imbalance or lack of focus and direction. It helps release pure masculine energy.

It helps incite romance, inspire fidelity, promotes honesty and healthy love. It helps treat digestive problems and high blood pressure. It is a popular tool in aromatherapy to help relieve stress, anxiety, and depression.

Additional lemongrass oil benefits:

- Antibacterial properties.

It is used as a natural remedy to heal wounds and help prevent infection

It is very effective against a variety of drug-resistant bacteria, including those that cause:

- Skin infections
- Pneumonia
- Blood infections
- Serious intestinal infections

- Antifungal properties.

It can be used to treat athlete's feet, ringworm and jock itch.

- Anti-inflammatory properties

It contains citral, an anti-inflammatory compound that can be used to treat arthritis, cardiovascular disease, and even cancer.

- Antioxidant properties

It helps your body fight off free radicals that damage cells.

- Prevention of gastric ulcers or relief of nausea.

Lemongrass is used as a folk remedy for a number of digestive problems, ranging from stomachaches to gastric ulcers.

- Helps ease diarrhea

Diarrhea is often just a bother, but it can also cause dehydration.

Several studies have shown that the oil reduces fecal output and diarrhea, by slowing intestinal motility.

Lemongrass is a tropical, grassy plant used in cooking and herbal medicine.

Extracted from the leaves and stalks of the lemongrass plant, lemongrass oil has a powerful, citrus scent.

It aids meditation, clears the mind, helps improve concentration, promotes feelings of centeredness. Banishes negativity. It symbolizes clarity, focus, open communication, protection, spiritual connection, awareness and enlightenment. Comes in handy when manifesting your desires, casting out evil, or creating a good and Godly spiritual atmosphere.

It helps clear out spiritual blockages and increases intuition to flourish.

The Catalyst



ROSEMARY *Essential Oil*

Helps attract true love, prevents infidelity, and rids one of relationships of jealousy.

Helps sleep well, warding off nightmares, evil dreams and spirits.

- It helps improve brain function.

In ancient Greece and Rome, it was thought to strengthen memory.

It helps prevent the breakdown of acetylcholine, a brain chemical important for thinking, concentration and memory.

It helps combat hair loss, including baldness and patchy hair loss.

It is a pain reliever.

It helps repel some blood-sucking insects, such as mosquitoes and ticks.

It reduces stress and cortisol levels, boosts attention, alertness, energy and mood.

Helps attain high states of relaxation as it can lower the heart rate by up to 9%. It helps Increase blood circulation, lower inflammation in injuries and rheumatoid arthritis.

Additional rosemary oil benefits:

- **Anti-Cancer:** It has antioxidant and anti-inflammatory effects, which help fight cancer cells
- **Liver and digestive health:** It stimulates the release of bile, which is important in fat digestion, and activating your own antioxidant defense mechanisms to protect your liver.
- **Food poisoning:** It helps inhibit the growth of certain strains of bacteria that cause food poisoning
- **Antibiotic enhancer:** It helps increase the effectiveness of certain antibiotics. This may allow for a lower dose of these drugs, which could reduce side effects. It also weakens the cell walls of antibiotic-resistant bacteria — enabling antibiotics to enter to do its healing work.

It is originally known as Rosmarinus officinalis. It is an evergreen shrub with needle-like leaves and a woody aroma.

It promotes the flow of conscious thought and overall spiritual, mental, and physical health, contributing to longevity and vitality.

- It is a symbol of love
- It helps activate spiritual protection
- It helps balance the heart chakra, and improve heart and mind memory, thus balancing the third-eye chakra.

Helps improve compassion, love, and forgiveness.

The Catalyst



LAVENDAR *Essential Oil*

Purple is the color of royalty and speaks of elegance, refinement, wealth and luxury, too.

Lavender oil is also associated with the crown chakra, which is the energy center associated with divine purpose, spiritual connectivity, insight, intuition, liberty, jubilee, freedom, clarity, enhanced imagination, visualization, creativity, innovation and the ability to see with ones spiritual eyes.

It calms and helps relieve anxiety and stress.

It eases tension and tempers.

Physically, it can benefit the skin in various ways;

Lessens acne, treats pimples and eczema, helps even skin tone, lessens redness, irritation and reduces wrinkles.

It also helps promote hair growth and health.

It is full of antioxidants which help protect you from the free radicals.

It acts as an insect repellent, and relieves itching after a bite occurs.

It can even be used to treat other things, such as aiding digestion and calming down your nervous system.

Spiritually it is the oil of jubilee, freedom and liberty.

The Catalyst

It is derived from the lavender plant.

It can be taken orally, applied to the skin, and breathed in through aromatherapy.

Lavender oil represents purity, silence, balance, harmony, inner peace, love, healing, gentleness, devotion, serenity, grace, and calmness.



PEPPERMINT *Essential Oil*

It helps eliminate spiritual and mental barriers creating a clear pathway!

It provides relief from stress, anxiety, depression, and mental exhaustion

It helps address problems like headaches, migraines, muscle aches, joint pain, and itching. It can be used to treat coughs and colds, it helps relieve all kinds of pain and improve mental function.

It relieves IBS symptoms, abdominal pain and indigestion.

It aids the liver with its digestive and detoxification functions. It freshens your breath.

It has antibacterial, antiviral, and anti-inflammatory properties which alleviate clogged sinuses, clears common colds and allergies. Steam from peppermint oil clears your breathing channels and helps you breathe easier, improving symptoms of sinus congestion runny nose, cough, and sore throat.

It boosts your energy levels and reduces fatigue.

It acts as a muscle relaxant, aids sleep and relieves menstrual cramps. It also helps improve concentrate, attention and focus.

Additional Peppermint Oil Benefits:

- Kills germs.
- Stops itching.
- Prevents or reduces vomiting

- Helps the body eliminate mucus
- Reduces muscle spasms
- Promotes sweating
- Boosts blood circulation and heart health
- Reduces IBS
- Strong antioxidant
- Strong pain killer
- Helps cure insomnia
- Potential Anti-cancer agent

The Sacral Chakra:

It supports lower backache and sciatica, due to its antispasmodic and anti-inflammatory properties!

The Solar Plexus Chakra:

It helps the digestive system and part of the endocrine system and strengthens the digestive tract.

The Heart Chakra:

It helps resolves feelings of rejection, fear, jealousy, and heartache, opening up tight of chests and relieves shortness of breath in the respiratory system. Strengthens and soothes the respiratory system.

The Throat Chakra:

It enhances communication and the ability to speak for your truth in confidence and with assertion. Assists with overall dental health!

The Third-Eye Chakra:

It clears blockages of the third-eye chakra, where sinus infections and sinusitis occur. Relieving headaches and migraines.

Peppermint has a bright and lively scent that refreshes and energizes the mind.

It stimulates, uplifts the mind and spirit, causing one to understand and appreciate unfolding life mysteries.

It aids concentration, bringing clarity and focus. It helps wake up and revitalize the brain, clear the head, improve memory and activate productivity.

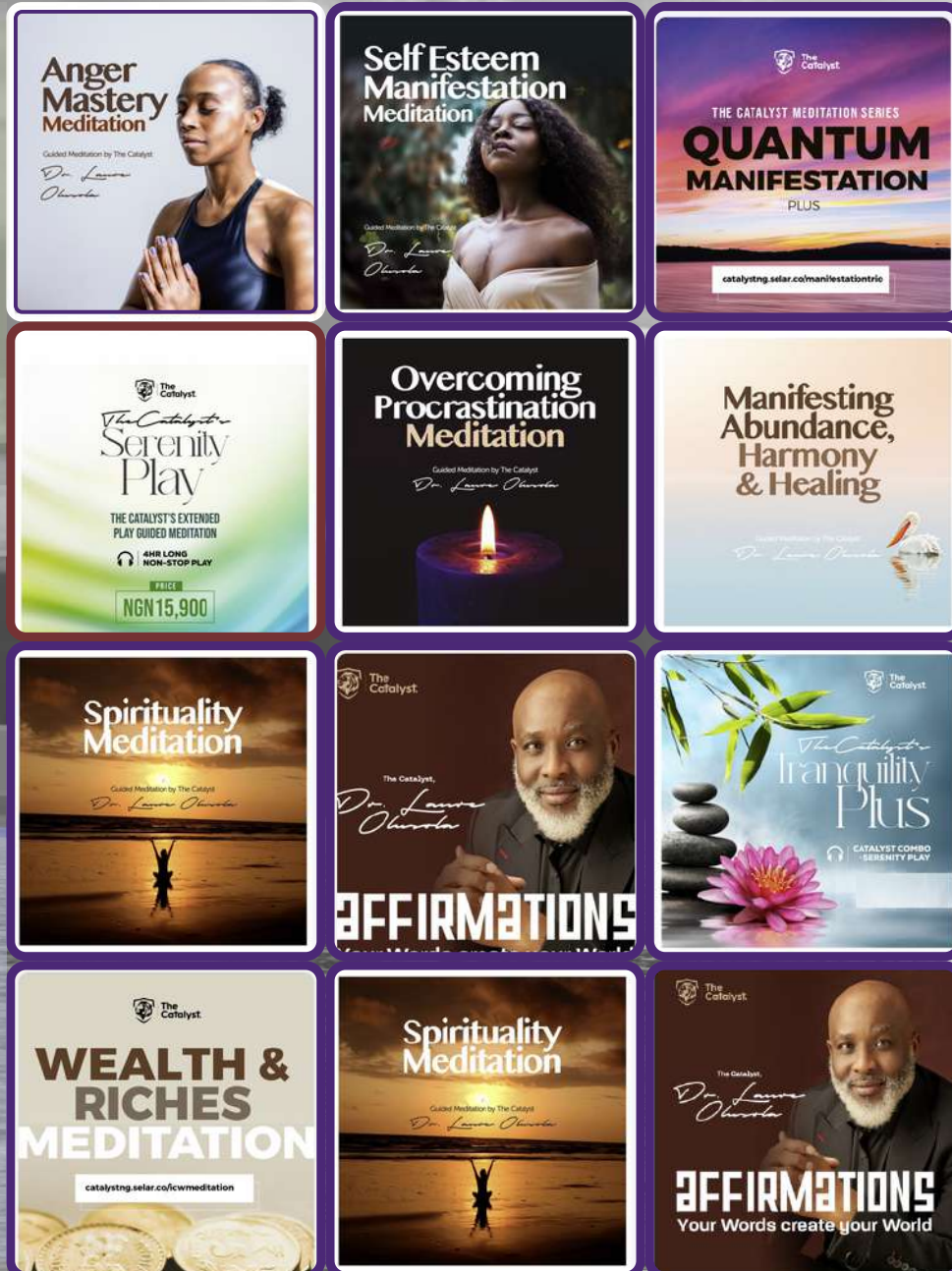
It helps build brain power for academic and intellectual prowess.

It helps stimulate the conscious mind, allowing for increase in conscious thought!

It provides spiritual protection and purification of the spirit.

The Catalyst

GET THE CATALYST SET OF MEDITATION & AFFIRMATIONS TRACKS



<https://catalystng.sclar.co/?category=meditation-audios>

WELCOME TO MONACO



*Elegance
Unveiled*

In the heart of the principality of Monaco, where opulence meets innovation, The Catalyst orchestrated an experience that went beyond conventional coaching seminars. Participants were treated to an unparalleled immersion in luxury, right from their business-class flights to the exclusive helicopter ride over the mesmerizing cityscape.

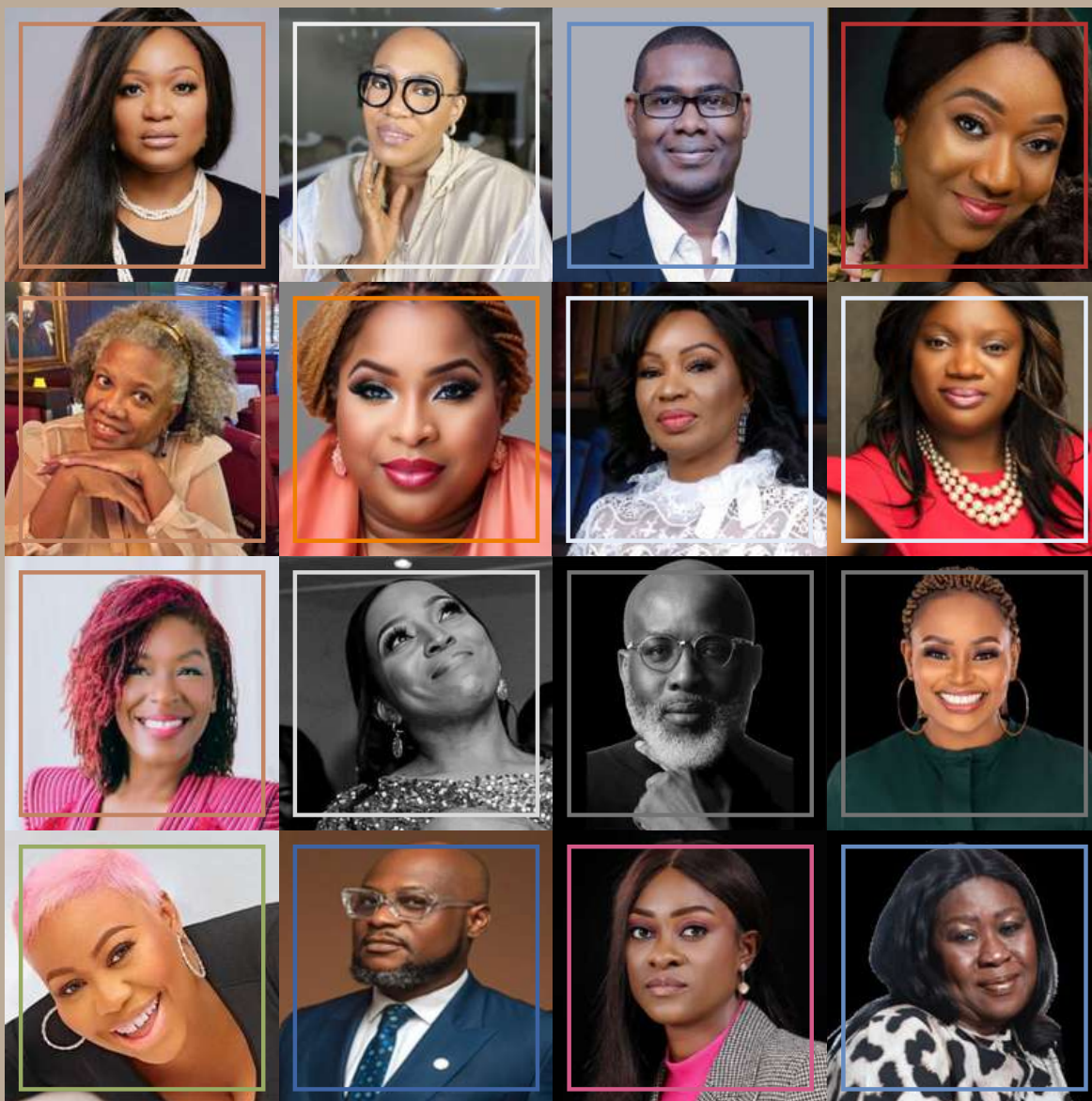
The opulent check-in at a luxury hotel, exquisite meals, a city center bus tour, and visits to exotic locales created an ambiance of indulgence.

The Catalyst's Signature Touch
The retreat wasn't just about the external extravagance; it was a holistic journey toward self-discovery and wealth manifestation. The Catalyst, a maestro in transformational

coaching, curated meditation sessions and master classes that left an indelible mark on the participants' minds and hearts. As the sun dipped below the Mediterranean horizon, minds were elevated, and spirits were aligned with the essence of prosperity.

Emmanuel Emeh

Meet the First-Ever Monaco QMMP Participants



TheCatalyst



A Dedicated Public Servant Embracing the Journey to Wellness.

Adeola Daniels, fondly called Lady D, is a remarkable individual whose journey through life is an inspiring blend of dedication to her profession and her passionate pursuit of emotional and mental well-being. She exudes wisdom that can only come from the extensive tapestry of events she designed. As a committed Public Servant who devotes her time and efforts to serving her fellow citizens, her position reflects her deep-seated desire to have a positive impact and help improve society.

Outside of her professional responsibilities, Lady D is a passionate supporter of mental and emotional health. She strongly desires to invest in herself and takes comfort in the calming embrace of music and the serenity of retreats. Particularly, she loves spa getaways as they enable her to unplug from the rigours of daily life and re-establish contact with her inner self. For a special reason, a divinely arranged journey that she views as an indication of the favour of ABBA, the charm of Monaco strikes a deep chord with Lady D. This journey is more than just an adventure; it is the fulfilment of her desires and a divine gift.

Lady D eagerly envisions peaceful moments of calm reflections and tranquillity while strolling by the beach and admiring the soothing waves of the sea.



An Experienced Business Management Strategist/Coach.

Remy Daniels is renowned for his expertise in fostering leadership development and strategic planning within firms. With his passion for organizational growth and success, he has made a significant impact by inspiring leaders and teams to achieve new levels of excellence.

Remy's professional path is evidence of his commitment to success, and his interests reveal a balanced approach to life. Aside from the boardroom, Remy enjoys playing table tennis and dancing; two diverse yet highly invigorating activities that reflect his enthusiasm for mental and physical well-being.

The Monaco experience presents Remy with the opportunity to transform and reenergize together with his wife, Adeola. Remy sees Monaco as the destination to refocus, refuel, and revive. It is a chance to deepen their relationship, enjoy each other's company, and make treasured memories even while taking a stroll along Monaco's picturesque promenades or dining.



Lilian Ebuoma

A Physician, Social Entrepreneur and Integrative Life Coach

Lilian Ebuoma is a multifaceted individual who has carved out a remarkable career as a physician, a creative social entrepreneur, and an inspiring Integrative Life Coach. With a list of achievements, she stands out as an example of how commitment and passion can have a lasting impact. Her steadfast dedication to promoting well-being is reflected in her medical competence, which has been refined over years of demanding training and practice.

Guiding others towards empowerment and transformation, Lilian encourages growth and self-discovery in those she coaches.

Lilian desires to explore and enjoys travelling through coastal regions and soaking in the peace of sandy beaches. She enjoys photography, and as a reflection of her deep connection to the planet, she expresses the beauty of the spectacular sceneries of nature through her lens. She is a wellness aficionado who values spa routines and finds solace in the comforting embrace of floatation therapy.

In addition, she is drawn to introspection amidst the serenity of the outdoors whilst viewing sunrises and sunsets. A good listener, Lilian loves to learn from the various viewpoints of others. She looks forward to spending her Monaco experience surrounded by like-minded individuals who will create lifelong friendships and relationships whilst in one of the most magnificent sites in the world.



Kehinde Udeme-Joseph

A Devoted Leader

Kehinde Udeme-Joseph is a leader. With a career characterised by diligence, expertise and a strong sense of responsibility, Kehinde is a crucial player in ensuring the effective management of resources within her work environment.

Beyond the obligations of a busy professional life, Kehinde finds comfort and happiness in a variety of activities. She is moved by music because it offers a tranquil escape from the demands of daily life. She enjoys travelling, and when seeking relaxation, Kehinde turns to the comforting embrace of a good book or indulges in the culinary arts, producing delectable delicacies to please the palate.

The Monaco experience is a unique opportunity for Kehinde to explore the abundance of information, culture, and pleasures that this illustrious location has to offer. Kehinde is looking forward "to getting the wealth of Monaco", by engaging in a journey packed with opportunities for inspiration, connection, and discovery.



Odia Omonkhomion

A Visionary Leader.

Odia Omonkhomion is an innovative individual whose track is distinguished by leadership, unwavering faith, and innovation. Odia is a cybersecurity specialist and Regional Manager driving technological improvements in a scene that is fast changing at PwC UK. A true enthusiast, his interests range from technology and real estate to IT/telecommunication and oil and gas.

Odia is a committed Spirit-filled lover of God, infusing every endeavour with purpose and spiritual understanding. The Monaco experience symbolizes a stunning fusion of affluence and heavenly inspiration as he indulges in luxury with his wife and travel companion. Together with his wife Dr. Alo, Odia draws comparisons to age-old wisdom as they reflect on the magnificence of Monaco.

They have taken time to meditate on what it means to see, hear, and feel- the identical ideas that guided Jacob's plan for building wealth. The idea Jacob used to multiply his flock by picturing the spotted and speckled branches during conception is the biblical concept that Odia and his wife are seeking to imbibe in their quest for abundance.

This experience for Odia serves as a springboard of fresh perspectives, closer relationships, and a steadfast belief in the connection between success and faith.



Alo Ohio-Omonkhomion

An Educator and Leader.

Alo Ohio-Omonkhomion Ph.D., fondly called Dr. Alo, is a distinguished individual whose life is a testament to leadership, knowledge, and a strong desire to make a difference. She is a Co-founder with God in His business, Brains & Butter, and the Executive Director and lead Educational Consultant, directing the trajectory of educational excellence and specifically guiding affluent African families in finding the ideal British Independent Boarding Schools for their children. Dr. Alo is a natural leader, the President of Queen's College Old Girls Class of 1999 and a respected board member of OSTR Ventures. Her knowledge and insight have contributed to reshaping the educational environment and improving lives.

For Dr. Alo and her husband, the Monaco experience has a unique meaning. It's not just about going somewhere; it's also about rekindling the flame of intimacy amidst the beauty of Monaco. Since their unforgettable honeymoon in 2010, Dr. Alo and her husband Odia have missed out on proper holidays for more than thirteen years. Now they are ready for a shift! After three children they are excited to begin a brand new chapter of relaxation, rejuvenation, and rediscovery.

The Monaco trip is a blank canvas with limitless possibilities for Dr. Alo. It is more than just a vacation; it is an opportunity for her to have a life-changing experience and make memories.



Ifeoma Okabiala

An Innovative Project Management Consultant and Executive Coach.

Ifeoma Okabiala is a seasoned expert who skillfully integrates the disciplines of executive coaching and project management consulting. Ifeoma is an expert in transformation and leadership who inspires both individuals and organizations. As a leader in the industry, Ifeoma emanates a natural aptitude for leading initiatives to success and giving executives the freedom to realize their full potential. Her abilities in project management and executive coaching go beyond expectations, sparking significant improvements and encouraging progress.

The fusion of inspiration and opulence is what Ifeoma perceives to be the appealing feature of the Monaco experience. She envisages taking up thoughts from visionaries who have mastered the art of wealth creation, eager to acquire knowledge from The Catalyst. The retreat in Monaco serves as a period to gain priceless knowledge and insights that go above the ordinary. Beyond intellectual experience, Ifeoma is eager to experience Monaco's affluent lifestyle.

Ifeoma considers this encounter as a chance to observe the numerous components of wealth, luxury, and affluence. She is prepared to immerse herself in a world of learning and extravagance.



Kemi Oye

HR Expert and Career & Executive Coach

As a Human Resources Personnel and Integrative Life Coach, **Kemi Oye** specializes in enabling people to reach their goals personally and professionally. She has dedicated years working in the field of Human Resources and has a profound understanding of both organizational dynamics and interpersonal behaviour.

Kemi expresses a balanced attitude to achievement and well-being with a job devoted to assisting others in flourishing and a desire for bliss. Outside of her professional life, Kemi seeks comfort by watching movies and listening to soul music. Her interests reflect her appreciation for art and the deep impact of music on the human experience.

The trip is a chance to "embody wealth". It is an opportunity for Kemi to get fresh insights and explore the beauty of Monaco on a deeper and more meaningful level.



Ireti Obembe

A Seasoned Retail Management Expert

Ireti Obembe is an experienced professional with a wide range of knowledge and a positive view of life. With more than three decades of devoted experience in the field of retail management, she has made her mark with illustrious organizations in the vibrant city of New York.

Ireti works in the financial services industry and has licenses in five states. She is an OLCA alumna who is steadfast in her commitment to education and personal development. She truly believes in the power of knowledge and has a profound love for reading and lifelong learning.

Life is a journey of connections and purpose for Ireti. Her dynamic personality enables her to effortlessly build significant connections, and she approaches all interactions with the sense that each one has a specific purpose.

She desires to absorb, learn, and contribute and anticipates the Monaco experience as an opportunity to expand her knowledge. She feels ready to indulge in every aspect of the programme and make the most of every moment, just as a thirsty person will savour every drop.



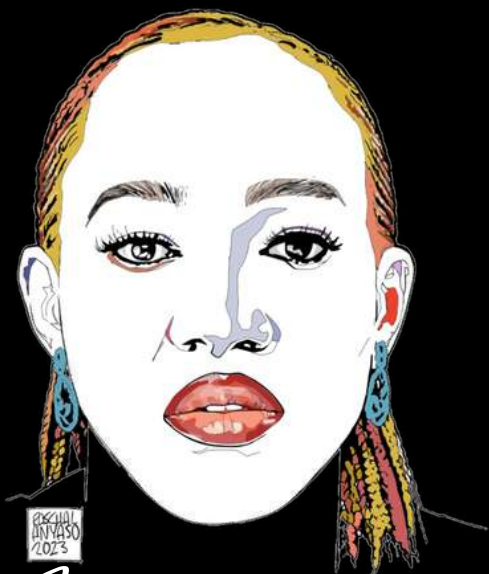
Nike Faleti

A Dynamic Entrepreneur.

Nike Faleti is a driven and ambitious businesswoman whose pathway has been inspirational. As a dynamic force in business who has made a lasting impression as a forward-thinking business entrepreneur, Nike is the Owner and CEO of GiG Afro-Caribbean; she is also a proponent of living life to the fullest. She has used her entrepreneurial drive to establish an empire and has led GiG Afro-Caribbean to new heights with her keen business sense and relentless dedication to excellence.

Nike finds pleasure and rejuvenation in her passions. She loves to travel and seek out the calm of beaches to re-energize. In addition, she enjoys spending time alone, where she can reflect, strategize and plan for the future. Her innate creativity enables her to develop fresh concepts and approaches that support the growth of her company.

For the Monaco experience, Nike is prepared to relish each moment with her characteristic zeal. She finds appeal in museums and race tracks since they mix her love of adventure and her admiration of art. She is looking forward to meeting new people and making friends who share her passion for living.



Idongesit Peter

A Trailblazing Integrative Life Coach and a Businesswoman.

Idongesit Peter, fondly called Idee, is a remarkable individual with a lasting impact in the fields of holistic coaching and corporate leadership. Idee is an example of the effectiveness of unyielding perseverance and goals motivated by enthusiasm.

Idee has guided countless people on transforming journeys of self-discovery and personal improvement in her capacity as an Integrative Life Coach. Alongside her entrepreneurial endeavours, Idee holds the distinguished position of Executive Assistant to The Catalyst, a testament to her outstanding management abilities and steadfast commitment.

Idee finds pleasure in solitude, allowing her to delve deeply into her thoughts, embracing the technique of visualization. Her passion for reflection and mental clarity also contribute to her effectiveness as a coach and corporate executive.

Looking forward to the Monaco Experience, Idee eagerly awaits a helicopter ride for her quest to face her anxieties and soar to new heights. This positive attitude to life and business reflects her determination to overcome obstacles and is evidence of her unwavering resolve to shatter stereotypes and go above and beyond.



Enna Ajegbo

A Holistic Integrative Coaching Therapist, Property Rental and Developer.

Enna Ajegbo is a dynamic individual with a multifaceted professional background and a zest for diverse experiences. As a Holistic Integrative Coaching Therapist, Enna brings a unique approach to wellness and personal development. With a profound passion for guiding individuals towards holistic well-being, Enna is dedicated to nurturing the mind and body for a balanced and fulfilling life journey.

Beyond integrative coaching, Enna is a skilled property developer with a flair for design and a propensity for transformation, bringing creativity and innovation to the real estate sector.

However, Enna's interests go above the professional sphere. She is an avid reader who enjoys fiction and non-fiction, investigating a variety of viewpoints and narratives. When not soaked up in books, she escapes into fantastical worlds of endless possibilities by viewing science fiction classics like Star Trek and Quantum Leap. In addition, vacationing to see loved ones and exploring cities from an insider's perspective are two of Enna's favourite activities. This way, she can experience new cultures, build meaningful connections and create lasting memories.

Enna is particularly excited about the Monaco experience because it includes a trip to the beautiful Japanese Gardens. It reflects her deep appreciation for culture, nature, and the beauty that exists around the world.



An Accomplished Oil and Gas Executive

Cecilia Umoren is a distinguished individual in the oil and gas industry whose journey encompasses high standards of professionalism and a passionate desire for exploration. As a successful oil and gas executive, Cecilia maneuvers the complex field with dexterity, knowledge, and a dedication to fostering constructive change in the sector.

Besides her professional endeavours, Cecilia has a love for written text that captivates her mind and energises her spirit. She is a voracious reader who embraces varied storylines to broaden her horizons and finds comfort and inspiration in books. As a traveller, Cecilia is not just a tourist; she is an explorer looking to uncover the essence of each destination. She has visited the French Riviera on her travels; therefore, it holds a special place in her heart. She has been to Monaco several times and has become enamoured with it after absorbing its ambience.

For Cecilia, the Monaco retreat presents an opportunity for personal and career reevaluation, a chance to refresh her thoughts, and a moment to embrace spiritual development and wealth transformation. She is prepared to flourish and thrive as she accepts God's abundance to becoming a blessing to those around her.

Additionally, Cecilia hopes that being in the exciting company of The Catalyst and The Quantumites will bring her spirit, mind, and career aspirations into harmony. She is prepared to take advantage of the opportunities that lie ahead as she enters Monaco's exotic embrace.



A Senior Consultant/Executive Leadership Coach and Feminine Leadership Coach.

Banke Sotomi is a skilled senior consultant who maintains a focus on executive leadership coaching and feminine leadership coaching.

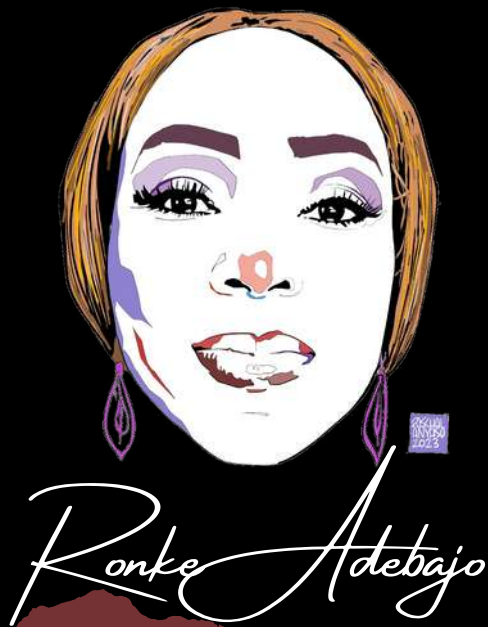
With a wealth of experience and a keen understanding of leadership dynamics, she aids CEOs and leaders in realizing their full potential. Her strategy combines in-depth knowledge of the corporate sector with personalized coaching techniques. Banke's diversified career illustrates her passion for encouraging growth and success as well as her commitment to leadership development.

She has a tremendous impact on both people and organizations, which makes her a valued asset in the field of executive coaching.

Banke is a passionate enthusiast of several artistic expressions, including theatre, dance, and visual arts. She enjoys visiting new locations and is an adventurous traveller. She likes to engage in creative things in her own time, such as making pottery, writing poems, and colouring. Her creative tendencies also extend to her photography.

Among the exciting opportunities in Monaco, Banke is eager to go on a helicopter ride, which will be a thrilling and unusual experience for her. She's also excited to make new friends, learn new things, and use the trip as an opportunity to change her perspective, particularly concerning the concept of wealth.

For Banke, Monaco holds the potential to be a destination of inspiration and personal development.



A Certified IT Training Consultant, NLP Practitioner and Trainee Therapist.

Aderonke Adebajo is a professional with a dynamic career. She specializes in imparting knowledge and skills in the constantly evolving field of information technology as a Certified IT Training Consultant. Her expertise also includes designing and implementing IT training courses that enable individuals and businesses to fully utilize technology.

Beyond her IT consulting services, Aderonke is an NLP practitioner. She uses NLP techniques to assist people in overcoming obstacles, improving their communication abilities, and achieving their personal and professional objectives. Furthermore, Aderonke is pursuing a career as a Trainee Therapist, demonstrating her dedication to the improvement of mental health and wellbeing. This role reflects her commitment to assisting people on their path to emotional and psychological healing.

Her passion for meeting people makes her connect naturally with others.

Aderonke enjoys the craft of storytelling and may even use her own life experiences to create fascinating tales. She also appreciates the little things in life, frequently taking strolls to delight in the beauty of her surroundings.

This retreat is a unique opportunity for Aderonke to grow both on a personal and professional level. She sees herself in Monaco as someone on a voyage of discovery rather than merely a traveller. One of her goals in Monaco is to "possess her possessions," which means she is ready to inherit her Abrahamic Covenant of Wealth and Abundance.



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THE MONACO EXPERIENCE *Journal*

*Experiencing Monaco's Quantum Wealth Manifestation Retreat:
A Journey of Luxury and Enlightenment*



On October 6, 2023, The Catalyst, Dr. Lanre Olusola, a renowned Mind and Behavioural Coach, embarked on a 5-day transformative and experiential journey with 18 participants of the Quantum Wealth Manifestation Retreat in Monaco.

The Monaco trip was an EXPLORATION of the Sights, Sounds, Smells, Sensory, and Spiritual Dimensions of Wealth.

It was a full immersion where experiential indulgence met with inner peace and a harmonious touch of spirituality.

A QUANTUM Wealth Mindset was UNDENIABLY ACTIVATED in Monaco for every participant.

Relax and enjoy this exclusive memoir featuring contributions from the participants.



Idongesit Peter

THE MONACO EXPERIENCE *Journal*

Experiencing Monaco's Quantum Wealth Manifestation Retreat:
A Journey of Luxury and Enlightenment

Day 1

There was a buzz of positive excitement and anticipation in the air; this energy felt like a very high current of electricity as The Catalyst, Dr. Lanre Olusola, and 17 eager participants from different parts of Africa, the United States, and Europe arrived, gathered, and met themselves physically for the first time at Nice Airport.

Every heart brimmed with anticipation for the transformative journey that lay ahead.

Each face radiated with a mixture of curiosity, enthusiasm, and joy as strangers turned companions, united by a shared quest for enlightenment, fun, and abundance. Amidst the hustle and bustle of the airport terminal, introductions were made with warmth, and people started bonding and mixing effortlessly.



At the airport, we were all received by our tour guide and master quantum experience connoisseur, Mr. Olu, the CEO of Time to Stay, the luxury experience service provider that partnered with Dr. Lanre to organize and deliver a 5-star service on the trip.

As the designated time for the first joint experience approached, a ripple of suspense surged through the group, signalling the arrival of the much-awaited moment—the famous helicopter ride to Monaco. With hearts pounding, minds wondering, and people guessing, we each boarded our various helicopters under the professional supervision of the airport officials, looking forward to our first thrilling adventure high above the azure waters of the Mediterranean, where we experienced and marvelled at the breathtaking view that unfolded right beneath us as we aerially captured the entire breathtaking view of Monaco.





Up there in the beautiful skies, Monaco introduced itself to us like a jewel glistening in the sun, its opulent skyline beckoning with promises of luxury and spiritual enlightenment.

As the helicopter descended gracefully towards its destination, a sense of awe and wonder washed over us, imbued with a profound sense of anticipation for the next five days and gratitude for being part of this incredible experience.

As we touched down in Monaco, the wealthy atmosphere warmly welcomed us as we all began to embrace the physical realities of Quantum Wealth.

We took in this new experience and were all invited for a walk on the harbour. Slowly strolling together along the promenade, a sense of serenity and a deeper sense of abundance began to unfold and envelope us.

The sight of several luxurious yachts that lined the harbour revealed another dimension of the wealth of Monaco. We beheld the magnificence of the majestic yachts and were all reminded of the boundless potential that lay within each of us.

Right there and then, The Catalyst anchored this first experience in our subconscious as he pulled us together for our first joint meditation session, where we affirmed our wealth and boundless potential. This was a very deep and powerful spiritual experience.







READY... SET... EXPLORE!







Next Stop: The Orthodox Church

From the harbour, we were all ushered into a luxurious Mercedes-Benz bus by Marion, our concierge for the day.

Our next stop was the Orthodox Church. As we stepped inside the church auditorium, an intense sense of reverence descended upon us. Amidst the grandeur of stained-glass windows and ornate architecture, we all came together to worship and pray.

The worship session was very heavenly, as Kemi led other voices that resonated with soulful purity. We all joined in the collective worship of gratitude to God for His mercy, blessings, and love bestowed upon us. At the end of our worship, we prayed for God's guidance on our journey towards quantum wealth, abundance, and enlightenment.

Next Stop: Larvotto Beach

The right mood was now set for the day; we now believed that Monaco was ours to possess, and we were now ready to tour the entire Principality of Monaco. As we began the tour, we made a short stopover at Larvotto Beach, where we were greeted by breathtakingly warm sun-kissed sands, fine gravel, and sparkling waves stretching as far as the eye could see. We all felt a sense of awe and reverence for the natural beauty that surrounded us—a testament to the boundless abundance, opulence, and beauty of Monaco. With each step towards the water's edge, a wave of tranquillity washed over us as we dipped our feet into the cool Mediterranean water. Led by The Catalyst in a brief visualisation exercise, we stood amidst the ebb and flow of the tide. Some of us closed our eyes as we allowed ourselves to be enveloped by the gentle embrace of the sea, while others stared into the vastness of the water, meditating on its abundant nature. In this moment of quiet self-reflection, we felt a deep sense of gratitude for the opportunity to be part of such a wonderful moment.

Next Stop: The Japanese Garden

Here we had an unforgettable moment as The Catalyst took us through a short but very powerful Masterclass.

Walking into the Japanese Garden, we were greeted by a kaleidoscope of colours—vibrant blossoming flowers, each petal a testament to nature's exquisite artistry.

In the garden with pathways and gently flowing streams, we took in the breathtaking beauty in wonder and awe. At the heart of the garden lay a tranquil water pond with colourful ducks and fish that swam gracefully, a reflection of how harmonious nature can be. As we beheld these beauties, we all felt a deep sense of connection with nature.

There in the Japanese garden, while we watched the fish swim and the ducks float effortlessly, The Catalyst shared insights on finding purpose and aligning with one's true calling and natural habitat, just like the various fish and ducks.

He told us to observe the nature of the fish in the pond and how they moved and lived with ease and grace, simply because they had accepted their natural habitat.

According to The Catalyst, each of those fish and ducks was in their purpose and natural habitat, doing exactly what they were created to do. He taught that being on purpose brings ease, grace, peace, and contentment. None of the fish were struggling to do, have or be. Any person on a purposeful journey, doing what they love and aligning with their gifts and natural habitat, would also find fulfillment and satisfaction in being. Just like the fish in the pond, as you align purpose with vision and action, you will also attract the admiration, appreciation, and recognition of others around you.

In rounding up, The Catalyst encouraged us to embrace our unique gifts and talents and to move through life with ease and grace. This, he said, was a very critical element of a Quantum wealth mindset.





Next Stop: Saint Nicholas Cathedral

As a group, we continued our city tour with a visit to Saint Nicholas Cathedral, a very popular and timeless tourist attraction in Monaco. There, we were greeted by the beauty of the Romanesque architectural design, beautifully carved statues, and captivating paintings. Each detail spoke of centuries of devotion and craftsmanship, a testament to the enduring power of faith to inspire and uplift the human spirit. This was a very solemn experience as we moved through the sacred halls of the cathedral with reverence and humility.

The day began to wind down, but excitement was still in the air as we were whisked onto our luxurious tour bus to The Columbus Monte-Carlo Hotel, where we were checked into for the night. We were all given about 30 minutes to go freshen up and change in our rooms, and then come down for dinner and another Masterclass with The Catalyst.

Amidst the enchanting ambience of a quaint Italian restaurant, we had an unforgettable evening with The Catalyst. We enjoyed our exclusive dinner, as we were treated to an exquisite culinary experience combined with very enriching conversations.

The dinner began with a warm welcome from The Catalyst, whose infectious energy and genuine warmth set the tone for the night ahead. Each person settled

into their seats and was served a sumptuous spread of delectable dishes, each crafted with precision and care to showcase the vibrant flavours and tastes of Monaco. Accompanying their meal was a selection of fine wines, each chosen to complement the flavours of the cuisine and elevate our dining experience to new heights.

Amidst the laughter and camaraderie, The Catalyst led the group in the last masterclass of the day, a reflection session using several packs of cards. The card exercise and reflective session were designed to deepen our understanding of ourselves, our new experiences, and our environment. Through introspective reflection, observation, and open dialogue, we shared and gained valuable insights into our strengths and weaknesses. This session paved the way for our personal growth and transformation journeys.

As the evening drew to a close, The Catalyst surprised each guest with thoughtful gifts. The day was crowned with each person receiving a gift bag loaded with Catalyst-branded glasses,

bracelets, and essential oils. This was a very generous show of appreciation for attending the Quantum Wealth Retreat.

We each screamed with delight and gratitude as we all tried on our pairs of glasses and bracelets. These gifts served as reminders of the insights gained and the connections forged during our time together.



THE MONACO EXPERIENCE

Journal
Experiencing Monaco's Quantum Wealth Manifestation Retreat:
A Journey of Luxury and Enlightenment

Day 2

O n the second day in Monaco and the Quantum Wealth Retreat, we woke up at 5 a.m. for an early morning meditation in the Roseraie Princess Grace Garden located right in front of our hotel, a sanctuary of tranquillity and natural beauty.

We all had the privilege of joining this serene meditation session with The Catalyst, enveloped by the beauty of the garden's lush landscapes and the profound sense of spiritual connection that permeated the air.

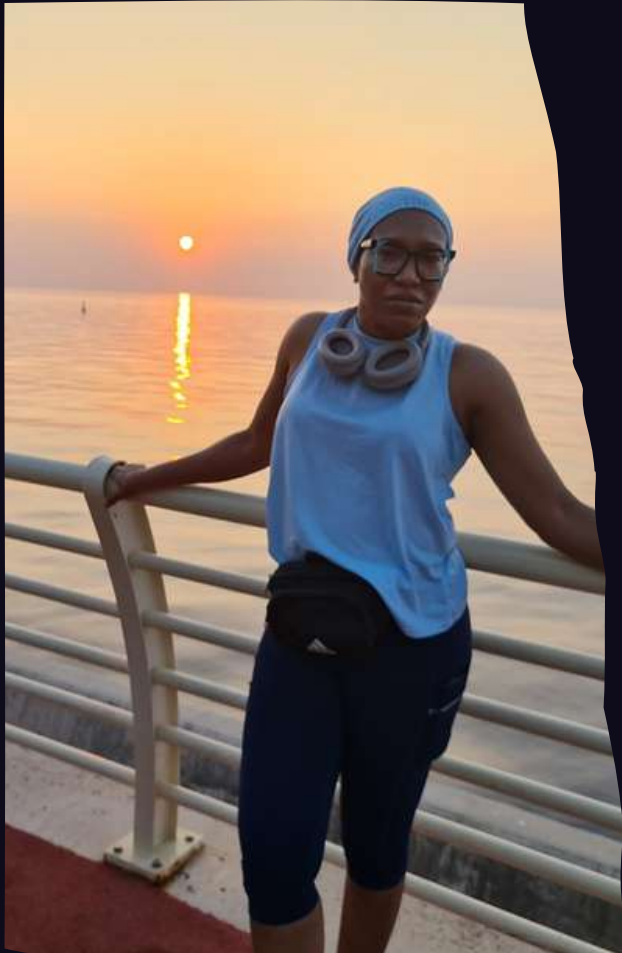
The Catalyst's soothing voice-guided the group through a gentle meditation practice, inviting us to quiet our minds and open our hearts to the transformative power of the present moment.

With each breath, we surrendered to the rhythmic pulse of nature as everyone delved deeper into the meditation.

As the meditation drew to a close, we emerged from our collective experience with hearts full of gratitude, a calm mind, and a renewed sense of clarity and purpose.

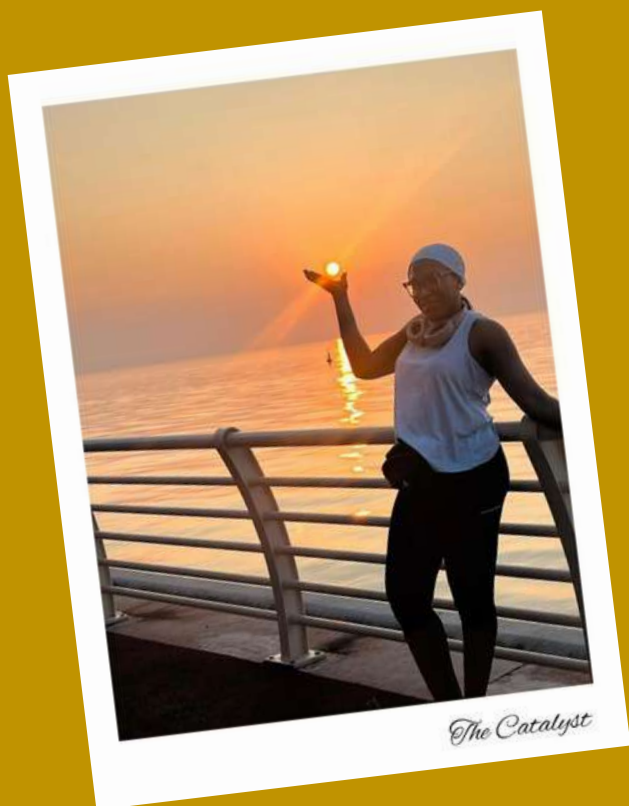
We each shared our experiences, some with astonishment, others with joy and clarity, and some got deeply emotional.





With this new boost of energy, we proceeded for a 90-minute circuit-brisk walk and run on the harbour. This was a very empowering workout session. Again, the Catalyst capped the morning by taking signature pictures of each participant holding the sun in their hands.

Dinner was served at Villa Cannes. There, the group was greeted by the sweet aroma of delicacies prepared by a private chef. At the end of a sumptuous dinner, everyone relaxed in the living room area, and some took a tour of the villa, admiring its interior design, characterised by its striking blue theme, the poolside with cosy sit-out chairs, and a well-tended garden. At the end of the tour, we finally gathered for movie night and another Masterclass with The Catalyst. To round up the day, we were all moved to our different villas.



THE MONACO EXPERIENCE

Experiencing Monaco's Quantum Wealth Manifestation Retreat:
A Journey of Luxury and Enlightenment

Journal Day 3

For the participants, the high point of Day 3 was their visit to Villa De Rothschild. Nestled amidst the sun-kissed shores of the French Riviera, Villa de Rothschild stands as a timeless testament to elegance and refinement. We all had the pleasure of embarking on a tour of this magnificent residence. There were lots of wow and aha moments as we took in the magnificent beauty of the garden and the spectacular view of deep blue sparkling as the rays of sunlight hit the water.





As we stepped into the grand entrance of Villa de Rothschild, we were greeted by the beauty of its meticulously landscaped and manicured gardens. Spread across nine distinct areas, each garden exuded its own unique charm. The vibrant colours of the rose garden, the tranquil serenity of the Japanese garden, and the other gardens invited us all to wander and explore at leisure.

Inside the villa, all tourists were transported to a world of opulence and grandeur, where old master paintings adorned the walls and antique furniture, and sculptures graced every room. From the ornate chandeliers to the intricately carved woodwork, every detail spoke of the impeccable taste and discerning eye of its original inhabitants. As we wandered through the elegant halls and stately-decorated rooms, we marvelled at the collection of priceless artworks and artefacts that lined the walls. From Renaissance masterpieces to Baroque sculptures, each piece offered a glimpse into the rich cultural heritage and artistic legacy of the Rothschild family.



At the end of the tour, The Catalyst, Dr. Lanre Olusola, invited us all to embark on a visualisation session, guiding us to imagine ourselves in a STATE of serenity, wealth, abundance, and tranquillity.

Through his words, we were guided through lush green meadows, sparkling streams, and sun-drenched landscapes, where we felt a deep sense of peace and connection with our true wealthy selves.

As we reluctantly bid farewell to Villa de Rothschild, each of us carried with us memories of its timeless beauty and storied past. From the enchanting gardens to the magnificent interiors, every aspect of our tour left an indelible impression, reminding us of the importance of living a life of legacy.



THE MONACO EXPERIENCE *Journal*

Experiencing Monaco's Quantum Wealth Manifestation Retreat:
A Journey of Luxury and Enlightenment

Day 4

The Anointing...

As we woke up to Date 4, we were each filled with a lot of expectation, excitement, and anticipation.

It was Yacht Day!

We all met at Villa Theoule-sur-Mer, aka Red Sofa Villa, for a delicious spread of breakfast courtesy of their private chef. Everyone looked really nice. We were all dressed up in our Catalyst and Quantum Wealth-branded black T-shirts, stylishly matched with black trousers and skirts.

The Worship and Anointing Service:

In the serene ambience of Villa Theoule-Sur-Mer's balcony, overlooking the azure expanse of the Mediterranean Sea in Cannes, the 18 participants gather for an anointing service. The balcony served as a breathtaking backdrop to this deep spiritual experience. The vastness of the sea reminded them of the abundant nature of God, while the gentle caress of the breeze signified His presence.

The anointing service held on a sunny morning transcended an ordinary gathering, weaving together moments of profound connection to the Divine, a heightened sense of spiritual upliftment, and a tangible presence of God.

As we stood on the balcony, bathed in the gentle glow of the rising sun, we felt a profound connection to the universe and to the source of all creation.

Led by The Catalyst, Dr. Lanre Olusola, the worship session was a coming together of united voices, with melodies of praise and adoration reverberating through the air. Tears flowed freely as hearts overflowed with gratitude and reverence.

Above all, it was the undeniable presence of God that permeated every moment of the gathering, as each participant was anointed by The Catalyst. As participants closed their eyes in prayer, they felt the gentle touch of God's hand guiding their steps and illuminating their path. In that sacred communion, doubts melted away, and faith was reignited.



We left the Red Sofa Villa's balcony with hearts full of hope and minds filled with the assurance that we were divinely appointed for greatness. This sacred experience left an indelible mark on our hearts and souls. It was a testament to the power of faith, the beauty of worship, and the boundless grace of God. As we continue our journey of quantum wealth manifestation, we carry with us the sacred memories of this divine encounter, knowing that we all walk hand in hand with the Creator of the universe, who has given us the wisdom to make wealth.

After the lavish breakfast, we were treated to a specially curated photo shoot by The Catalyst. After this photo shoot, we all shared our experiences over the last 4 days as we were interviewed by the media team. Now we were set to embark on the famous yacht ride to the Island of the Monks.

The 30-minute ride to the yacht harbour was very picturesque. As we approached the yacht dock, we were greeted by a breathtaking panorama of luxury vessels stretching as far as the eye could see. From sleek, modern yachts to majestic sailing boats adorned with billowing sails, each vessel stood as a testament to the boundless wealth and prestige of its owner. In excitement, we explored the dock and marvelled at the diversity of vessels parked next to each other. From sleek speedboats to majestic mega-yachts, each vessel seemed to outdo the next in terms of size, style, and sheer elegance. Amidst the splendour of the yacht dock, we all gathered, eager to capture the moment with photographs of the magnificent vessels and the stunning backdrop of the sea. Selfies, photographs, and videos were taken and posted on social media; we all got out our phones to create lasting memories of this exotic view.

As we stepped onto the pristine deck of our yacht, we were welcomed with a spread of freshly baked pastries, fresh fruits, juice, ice cream, canapés, and champagne. Enveloped by a sense of awe and wonder at the opulence that surrounded us, we happily took a tour of the yacht. From plush interiors outfitted with the finest furnishings and amenities to expansive sundecks offering panoramic views of the sparkling sea, every detail spoke of a life of luxury and indulgence.



AIR, LAND, SEA & SPIRIT: 4-DIMENSIONS OF CONQUEST

As we boarded the yacht, anticipation hung in the air with palpable energy, waiting to be unleashed. The gentle hum of the engine reverberated through the vessel, signalling the beginning of an incredible adventure on the open sea.

As the engine roared to life, our faces were lit with anticipation as the yacht began to move. With each passing moment, the vessel gained momentum, gliding gracefully across the shimmering waters of the Mediterranean. As the yacht picked up speed, some of us leaned eagerly over the railings, our eyes sparkling with excitement as we watched the incredible beauty of the sea unfold before us.

As we journeyed further, the sounds of Afrobeats and laughter filled the air. The rhythmic beat of the waves became the backdrop for spontaneous dancing and celebration as the participants surrendered to the carefree spirit of the sea.

Approaching the Island of the Monks, its verdant shores came into view, bathed in the golden light of the sun. The yacht anchored near the shore, and the group disembarked onto the pristine sands, eager to explore the natural beauty and serenity of the island's landscape.



Stepping onto the island's shores, we were greeted by a symphony of sights and sounds that spoke of the island's pristine beauty. Stretching before us lay vast expanses of farmland, green vegetation, and towering trees swaying gently in the breeze. The air was crisp and clean, infused with the scent of wildflowers and sea salt—a refreshing tonic for the senses. The tranquillity of the environment welcomed and enveloped us as we walked down the sandy path, slowly making our way to the chapel amidst hushed jokes and quiet laughter.

Finally locating the chapel after missing our way a couple of times, we entered its hallowed hall and felt a profound sense of reverence. The chapel was quiet, and each person felt as though they had stepped into a sacred sanctuary. Everyone found their spot and got into a moment of silent prayer and worship. We felt a very strong presence of God. After our solemn moment in the chapel, some of us went into the shop, which offered a variety of goods, from essential oils and organic products to religious books and artefacts.

Of course, we could not have any interactions with any monks as they were out of sight, tucked away in their inner holy sacred chambers. As we bid farewell to the Island of the Monks and headed back to the yacht, we each carried with us memories of a place where time seemed to stand still and the beauty of nature and the spirit intertwined in perfect harmony.

Back in our respective villas, we prepared for the final evening of the retreat. Dinner and photoshoot at the elegant Villa Theoule-sur-Mer, aka red sofa villa. It was a classy evening; the women looked absolutely stunning, as did the gentlemen.

As the evening began, we were treated to a culinary masterpiece prepared by the villa's dedicated private chef, whose culinary creations dazzled our senses and delighted our palates.



From savoury appetisers to desserts, the buffet spread offered a tantalising array of delicacies that left us eager to indulge. Amidst the fun, laughter, and conversation that flowed freely, we took part in a photoshoot, capturing moments of joy and connection that would serve as cherished mementoes of our time together.

As the evening unfolded, we found ourselves reminiscing about the moments shared during the entire 5-day retreat, from the profound insights gained in meditation and masterclasses to the moments of laughter and conversations during walks and excursions. Even memories of angry and anxious moments were turned into jokes as we mimicked each person's moment of outburst. The memory served as a testament to the transformative power of the retreat and the bonds of friendship that had been forged along the way.

In a heartfelt gesture of appreciation to our fantastic host, Mr. Olu of Time to Stay, the agency that organised the trip, we surprised him with a celebration of his birthday, showering him and his team with love and gratitude for their unwavering support and efficient organisation of the retreat. As candles were lit and birthday wishes were shared, the room was filled with a sense of warmth and unity.

The evening drew to a close, and we participants of the Quantum Wealth Manifestation Retreat raised a toast to The Catalyst, Dr. Lanre Olusola, ourselves, and the Time to Stay team, expressing our gratitude for the incredible mind-transformational journey. In Monaco and Cannes, amidst the beauty of the French Riviera, we had found not only inspiration, opulence, elegance, and beauty, but we were leaving with a wealth mindset and an assurance of abundance, new deep bonds of friendship, and connection in a community that would last far beyond the confines of the retreat.





Capturing The Moments...



The Catalyst

In Monaco's land of azure skies,
My camera phone becomes my prize.
Capturing each moment, bold and bright,
Preserving memories, a sheer delight.

From Monte Carlo's dazzling lights,
To the yachts that gleam in starry nights,
Snap by snap, I seize the day,
In every hue, in every way.

The laughter echoes, the joy unbound,
In pixels, memories forever found.
On cobblestone streets, by azure seas,
Each snapshot holds a world of pleas.

With lens and screen, I paint the scene,
Of Monaco's charm, forever serene.
Each click a treasure, a timeless gem,
Capturing moments, I'll cherish them.

So here's to my trusty camera phone,
In Monaco's beauty, it's proudly shown.
For with each click, I make time stand,
Capturing moments, in my hand.



THE MONACO EXPERIENCE

Experiencing Monaco's Quantum Wealth Manifestation Retreat:
A Journey of Luxury and Enlightenment

Journal Day 5

Our final day saw us pack, and off we went to the airport. We exchanged heartfelt farewells, expressing our deep appreciation to The Catalyst for the lessons learned, friendships forged, and memories that grew during our time together. Each emotional hug served as a testament to the bonds of connection and support that had grown stronger with each passing day, a reminder of the profound impact of shared experiences at The Catalyst Quantum Wealth Manifestation Retreat.

As we bid farewell to Monaco, we carried with us not only cherished memories of luxury and indulgence but also a profound wealth mindset, inner peace, and enlightenment. In Monaco, where the boundaries between the material and the spiritual blur, we discovered that true wealth lies not only in opulence but in the richness of the soul.





The
Catalyst.

The QUANTUM MANIFESTATION MONACO 2024

Option 1 | 1st -7th October, 2024

Option 2 | 1st - 5th October, 2024

Registration

Now Open

To register, visit

<https://thecatalystng.com/qmmp-monaco>





THE BEST OF BOTH WORLDS

YOU ARE A SPIRIT BEING HAVING A HUMAN EXPERIENCE

*L*iving as a spiritual being in an earthly body can be a challenging experience. The physical world can be distracting and overwhelming, drawing our attention away from our spiritual nature. However, it is important to remember that our bodies are vessels for our souls to experience life on this earth.

To live as a spiritual being in an earthly body, it is important to cultivate practices that connect us to our higher selves. This may include meditation, prayer, or spending time in nature. We can also practice mindfulness in our daily lives, becoming aware of our thoughts and actions and aligning them with our spiritual values.

It is also important to recognize that we are not alone in this journey. Connecting with like-minded individuals or joining a spiritual community can provide support and guidance as we navigate the challenges of living in this world.

Ultimately, living as a spiritual being in an earthly body requires a balance between our physical and spiritual selves. By nurturing our spiritual nature, we can bring more meaning and purpose to our lives and find greater peace and fulfillment in our earthly existence. We invite you to get in touch with any of our trained and certified coaches today.

Emmanuel Emeh

Monaco MÉMOIRE:

Unveiling the Quantum Wealth Retreat

In the heart of Monaco, where luxury meets possibility, The Catalyst, Dr. Lanre Olushola, orchestrated an extraordinary event that transcended the conventional. The Monaco Quantum Wealth Manifestation retreat unfolded as a transformative journey, leaving an indelible mark on the sixteen souls who ventured from North America, Europe, and Africa to partake in this unique experience.

For five days, the retreat served as a sanctuary for self-discovery and wealth reprogramming. Dr. Olushola's vision manifested in every meticulously planned detail, creating an atmosphere where minds were expanded and abundance was not just discussed but embraced.

As we delve into individual feedback from participants, "Monaco Mémoire" stands as an introductory ode to the wealth of experiences encountered.

From the opulent streets of Monaco to the profound insights shared by The Catalyst, each moment was a brushstroke on the canvas of transformation.

The Monaco Quantum Wealth Manifestation retreat was more than a getaway; it was an immersion into the realms of possibility. Through shared wisdom, exclusive experiences, and collective energy, participants witnessed the alchemy of turning aspirations into reality.

Stay tuned as we unveil the narratives of some who walked the corridors of change in Monaco.

Each report is a chapter in the Monaco Mémoire, a testament to the power of intentional living and the pursuit of quantum wealth.

Emmanuel Emeh

A Trip of a Lifetime

On October 6th, 2023, I embarked on the trip of a lifetime with The Catalyst, Dr. Lanre Olusola of OLCA, and a group of like-minded individuals from Nigeria, the United Kingdom, and the United States of America to Monaco on what I can only describe as a spiritual journey.

Our first point of call after arriving in Cannes and embarking on a short helicopter ride into Monaco was at a local church, Paroisse Saint-Nicolas, where we observed, meditated, and sang worship songs. This put us in a wonderful state of mind and reminded us that we were not on just any vacation. We had come to Monaco on a mission, and this was a great way to begin!

The mission was to see, explore, and feel the tiny enclave officially known as the Principality of Monaco, which has an area of only 514 acres and a population of only 37,000 according to the 2021 World Bank statistics. We were not on a sightseeing tour. We were in Monaco and its surrounding areas to gain insight into what positive thoughts, set intentions, and dogged determination can do for individuals as well as groups of people. Despite its tiny size, its rocky and hilly terrain, and a great deal of its workforce having to live outside of Monaco, it is celebrated as the playground of the world's rich and famous.

Through daily masterminds and exercises—both mental and physical—we picked up nuggets of wisdom and began to formulate plans concerning our business goals and personal aspirations. As we participated in all the programs that The Catalyst had prepared for us, we grew through mental exercises, predawn group meditations, group walks, and challenging physical exercises.

We played as well, though, and were assigned to three well-appointed villas with staff that prepared our lovely meals and saw to our needs. There was also a fleet of minibuses to assist us in moving around.

Notable places of interest that we visited included the Musée Océanographique de Monaco (an incredible structure whose foundation is situated on a massive rock that rises from the water's edge and houses a notable aquarium), the Prince's Palace of Monaco, the Princess Grace Japanese Garden, the Princess Grace Rose Garden, the man-made Monaco Beach, Port Hercule (what amazing yachts!), the vast and extremely ornate Saint Nicholas Cathedral (where state weddings, funerals, and internments of Monaco's royalty are held).

Ireti Obembe



A Trip of a Lifetime *by Ineti Obembe*

We took a day trip to Italy and drove through amazing villages which gave us the total experience of the French Riviera with its narrow winding roads, quaint buildings, extreme hills and valleys, as well as cobblestoned streets. An amazing experience and highlight of our time in the region was our visit to 'Villa et Jardin Ephrussi de Rothschild'. If nothing else, it gave us an idea of the possibility that exists. The history of the Rothschild Family, their place in the world of banking and philanthropy, and their rise to wealth and fame was intriguing. The villa with its exquisite gardens and grounds is indeed a vision of affluence and perfection. My favourite photograph of the entire trip was taken in the garden of the Villa.

Another memorable experience was a trip we took to visit a monastery on an island that could only be reached by sea. We travelled by yacht to reach it and the ride was a beautiful, relaxing experience. On the island where the religious community lives and grows grapes for winemaking, we strolled around the vast expanse of the vineyard and spent time in their chapel praying and meditating. Walking back to the yacht, I was drawn to a small rock which was precisely in the shape of Africa! I was stunned because earlier in the day, Dr Olusola had called our attention to the water's edge of the island and asked us to look into the water.



To our amazement, there in the utterly clear blue water was a formation in the precise shape of the continent of Africa. What a prod message! Africa Rising!!!

The Sunday before our departure gave us another view of possibilities. A young restaurant owner and chef - Senegalese by birth - invited us to a four-course gourmet dinner. He told me he had been open for seven years and his restaurant was quite successful. Although the restaurant is closed on Sundays, it was opened exclusively for our group that evening. The food was delicious and the wine was quite pleasing to the palate!

As a result of this trip, I now look at various aspects of life from a different perspective. 'Anything is not possible; Everything is!' This was indeed the trip of a lifetime. My new forever family and the lessons learned are invaluable!



Nothing Short of Mind-Blowing!

My expectations for the Quantum Wealth Manifestation experience were primarily focused on growth. I understood that wealth isn't just a physical concept; it's also mental, and the mental aspect of wealth is incredibly important. After all, one can be wealthy and yet not know how to utilize it effectively without the right mindset. This was a crucial realization for me.

I also believed that this experience would expose me to new perspectives and ideas, some that I might have thought of or envisioned but hadn't actually witnessed. Coming here was about filling in the gaps, those little cracks between the bricks of knowledge that would, in essence, propel me forward. Plus, I was eagerly looking forward to learning from others who shared a similar mindset.

The experience has been nothing short of mind-blowing. I've been able to review things I already knew, but the wealth of knowledge I've gained from the entire program and the people here has elevated me to another level. I feel like I'm going back home with a completely transformed mindset, armed with decisions that I've contemplated deeply during my time here. This experience has opened my mind and touched my heart. I now have a renewed thirst not just for personal growth but for contributing to the lives of others as well.

Ireti Obembe

Now, the three things I'm taking away from this experience are profound. First, something I already knew but has been deeply reinforced is that everything belongs to the Father. I am the apple of His eye, and He will provide for me, but I must understand the proper way to ask and receive.

Second, I've learned that we have a path in life that we can shape or change by our actions and thoughts. Our destiny isn't set in stone; our mindset and actions have the power to alter our course.

And third, the realization that we're all connected. We need to work collectively and not be selfish. Every person we encounter and every situation we experience offers us valuable knowledge. This sense of unity and the importance of collective growth are lessons I will carry with me forever.



The Power of Connectivity

In the tapestry of existence,
threads are unseen. A dance of
minds, a symphony serene.
Connections weave through the
vast unknown. In the realms of
thought, the seeds are sown.

A whisper is shared, and a spark
ignites in the boundless expanse
of shared insights. Minds
entwined a dance of chance, in
the cosmic ballet, where
thoughts enhance.

The power of connectivity, a
magic so grand, echoes through
minds across the land. Ideas
intermingle, perspectives
rearrange, In the alchemy of
thought, there is a wondrous
change.

A ripple of wisdom, a wave of
thought, intricately wrought
through the corridors of minds.
To shift, to grow, to transcend the
norm—in the symphony of
connection, a mind is reborn.

So let the currents of shared
perception flow, breaking
barriers and letting new
perspectives grow. In the dance
of minds, we find our key:
unlocking the power of
connectivity.



WHY KEEPING AN OPEN MIND IS CRUCIAL

*B*efore coming on this trip, my expectations were simple: to enjoy a relaxed time in a beautiful environment and have some quiet moments to myself. That's what I anticipated. However, the experience was astonishingly different. Initially, I wasn't accustomed to traveling with a group of people, but this journey has completely changed my perspective. I've found immense joy in it, as it turned out to be an extraordinary community experience. I made new friends and bonded with people I would never have encountered otherwise in my life.



Cecilia Nkeoma Aqua-Umoren



This experience has blessed me in ways I couldn't have imagined, both spiritually and, I believe, materially in the future. The key lessons I'm taking away from this experience are profound yet simple. Always expect the unexpected, because life is full of surprises. Keeping an open mind is crucial. Being ready to embrace new experiences has opened doors to worlds I never knew existed. And, most importantly, I'm going away with a heart filled with peace, joy, and gratitude. This trip has been more than a journey; it's been a transformative experience that has reshaped my view of the world and my place in it.

Cecilia Nkeoma
Aqua-Umoren

MY MONACO

Diary

Enna Oniose Ajegba



Why Monaco?

During the Quantum Manifestation Master (QMM) class, The Catalyst shared a vision he had received about taking a group to Monaco. Fascinated by this idea, I probed The Holy Spirit and received a response, "You are going."

So I began to visualise myself on the trip.

The Preparation:

The months leading up to Monaco were a lesson in preparation. The group had several affirmations to recite on a daily basis, prayers that were created and established in the spiritual realm, invoking all that we desired according to God's will. This is a lesson I use now for all things I desire.

The Schedule:

I had envisioned a spiritual retreat—the opportunity to visit sites, meditate, and take it all in.

Day one was a quick reality check. The schedule was jam-packed! It was clear from the moment we stepped off the helicopter (yes, I said helicopter) that the trip had been designed to maximise our exposure to the beauty, wealth, and innovative nature of Monaco. If I had known there would be over five locations to visit before dinner, I would have gotten a full night's sleep instead of packing.



MY MONACO *Diary*

My Most Impactful Moments:

Day 1

We visited a church called Saint-Nicolas Church, and while meditating in front of the altar, a beautiful voice rang out in praise and worship. My spirit was transported to a state of awe of God's heavenly glory.

Day 2

During breakfast, we had a masterclass. We each picked an angel card at random. The card I selected was one that caused me to reflect in thanksgiving on my journey of the last year, showing me how far I had come and the barriers I had let go of.

Day 3

Standing in a fountain in the rose garden of the Rothschild mansion, I felt a surge of energy shoot up through my feet and spread through my being. I felt like a clear and full response to my prayers and affirmations of the months leading up to that day; I was transformed from the outside in.

Day 4

The final dinner turned us into a family; we got the opportunity to reflect on the uniqueness of each person and embrace one another with live laughter, understanding, and appreciation of who we are regardless of our human frailties. It was a night filled with philia love.

Day 5

We say our goodbyes, see you later, and fare thee well. The airport departure was the act of a family after a spiritual reunion, warm and heartfelt, with the knowledge that divinely orchestrated lifelong bonds had been forged.

The Organisation

The Catalyst's team bravely took us into the unknown as they curated an experience that was deeply spiritual, mentally stimulating, and physically challenging.

They curated an itinerary that was jam-packed with flavour but strived to be sensitive to the direction of the Holy Spirit when it came to its execution. Resulting in an overall enriching experience. Those on the next retreat will greatly benefit from the lessons learned.

Would I do it again?

Knowing all I know now, would I still have committed to going to Monaco in May 2023? The simple answer is yes! Yes, because I was blessed from the moment I committed; yes, because I was sanctified by being a part of such an esteemed experience; and yes, because I am still growing, evolving, and receiving as a result of saying yes.



Enna Oniose Ajegbo

NOTHING SHORT

OF BEAUTIFUL

Before coming to this Mediterranean retreat, spanning Monaco, Italy, and the south of France, my expectations were centered around the manifestation of the prayers and intentions we'd been setting for a long time. This trip, divinely guided and a quantum manifestation from many months ago, was something I looked forward to with anticipation, curious about how its fulfillment would unfold.

My experience here has been nothing short of beautiful. Waking up each morning, looking outside, and being immersed in this stunning environment is breathtaking. But beyond the beauty of the location, the most valuable aspect has been the people. The energy here has been consistently beautiful, even when people are struggling. There's a constant exchange of love, acceptance, and support. For the first time, I've experienced pure harmony in a group of this size.

The places we've visited, the experiences we've had, and the emotional, spiritual, physical, and mental breakthroughs have been astronomical. The first thing I'm taking away from this experience is the understanding that God is strategic and has a plan. There's no need to worry about how God will execute His plan. If God gives a vision, it's not just for me to ponder on the 'hows.' I've learned that God is mobilizing resources and people, strategically aligning things beyond my understanding.

Secondly, I've realized that my tribe is here, not out there. Being in alignment with my God-given identity and living within His will have led me to find people who understand my language without the need for explanation.



It's not just understanding here; it's confirmation, as God has placed the same word and desires in their hearts too.

Finally, the most profound takeaway for me is the realization that 'I am possible.' The gap between who I am now and who God has created me to be is not vast. I am possible, and so are you. The person you dream of becoming, the aspirations you hold that seem too magnificent, they are all within reach when partnered with God. This retreat has shown me the tangible reality of dreams and the power of divine alignment



Enna Oniose Ajegbo

From MONACO, with JUST-B

Before joining the Quantum Wealth Manifestation experience, I had a whirlwind of thoughts. One prominent thought was my anticipation for the immersive experience we had discussed. I was eager to understand and feel, with all my senses, the essence of wealth. Despite being an extreme introvert, my curiosity about who else would be joining this retreat nudged me to step out of my comfort zone. I looked forward to meeting new people and embracing a new way of learning.

My experience on this extraordinary retreat has been nothing short of mind-blowing. It has enhanced my perspective in every conceivable way - spiritually, mentally, emotionally, physically, psychologically, and financially. Every aspect of this journey has elevated my understanding of wealth.

The powerful lessons I've learned through various experiences, from beach visits to helicopter rides and simply being in the presence of awe-inspiring nature, have taught me that abundance is omnipresent. The metaphors in our experiences, like observing the fishes in the Japanese garden and their coexistence with other creatures, have

shown me the ease and flow of life, which I can replicate in my personal and financial relationships.

This experience has been everything and more than I ever anticipated. I have relished learning and shifting my mindset about wealth, especially understanding how wealth is generated.

There are three key takeaways for me from this experience. First, the power of immersion. I've come to believe that when you can taste, feel, hear, smell, and sense what your heart desires, you become a magnet for attracting it. I've deeply appreciated the simplicity of walking on the grass, gazing at fountains, oceans, and mountains, and deeply believing in my abundance.

Second, the connection and community. As an introvert, I usually struggle in crowds and with multiple people, but this experience has changed that. I've grown to love the people I've met, forming genuine relationships and connections.

Lastly, strategy. The strategic revelations from God throughout this trip have been like precious gems. Whether it was the quantum yacht we saw, the sound of the ship's horn resembling a shofar, or unusual encounters that demonstrated God's presence, each moment has vividly brought to life both the spiritual and physical aspects of abundance for me.

Banké Sotomi



Banké Sotomi



The Joy of Vacationing *with friends*

Embarking on a vacation with friends is not just an escape; it's a journey into shared laughter, unforgettable adventures, and the sheer joy of companionship. The magic of vacationing with friends lies in the unique blend of camaraderie and exploration.

From the moment the travel plans are hatched to the final farewell, every aspect of the journey becomes a shared experience. Whether it's navigating unfamiliar streets, discovering hidden gems, or savouring local cuisines, each moment is etched with the joy of shared discovery.

The laughter that echoes through foreign landscapes and the inside jokes born from spontaneous escapades create a tapestry of memories that forever bind friends together. Collective decision-making, from choosing the next destination to selecting the perfect spot for a group photo, fosters a sense of unity and cooperation.

Vacationing with friends transforms mundane activities into exhilarating escapades. A simple beach day turns into a sandcastle-building competition, and a scenic hike becomes a thrilling conquest. It's the shared excitement, the mutual encouragement, and the knowledge that every memory is a chapter co-written by everyone present.

In the end, the joy of vacationing with friends is not just about the destinations explored; it's about the bonds strengthened and the stories created. It's the reassurance that, no matter where life's journey takes each individual, the shared adventures will forever be a source of joy, laughter, and the warm glow of cherished friendships.

*Emmanuel
Emeh*



My key takeaways from this experience have been transformative and profound. Firstly, the power of vision and visualization has been a game changer for me. I've not just seen or imagined pictures; I've lived and walked within my visions, experiencing their power in a deeply impactful way.

Another significant insight for me has been the abundance of water. Everywhere I looked, water was present - its flow, abundance, and endless nature. The Rothschild dinner particularly highlighted the impact of water, and it's inspired me to delve deeper into understanding this vital element.

Business ideas have also been a crucial part of my takeaways. God has blessed me with specific and visionary ideas for my business for the next three years and beyond. These ideas are like stepping stones to even greater things - a quantum leap in my entrepreneurial journey.

At three years and beyond. These ideas are like stepping stones to even greater things - a quantum leap in my entrepreneurial journey.

Speaking of quantum, my understanding of it has evolved immensely. Now, I truly grasp the essence of a quantum life, and I'm starting to live it. This new comprehension of quantum has been a revelation, transforming my perspective entirely.

The transformation of my mind is my first and most significant takeaway. My mind has been expanded to new realities, blown away by the insights and experiences I've encountered.

Networking has been another valuable aspect. The connections, friendships, and networks I've developed here have greatly expanded my social and professional circles.

Lastly, the wealth of knowledge and experience I've gained here, akin to the wealth of Monaco, is coming home with me. I now have a profound sense of the world and my ability to create and replicate the wonders I've seen in Monaco in my own reality, outside of it. This understanding and capability is, undoubtedly, one of the biggest takeaways from this whole experience.

Odia & Alo

STEPPING INTO A REALM OF ENDLESS POSSIBILITIES

I embarked on a journey of transformation, stepping into a realm of endless possibilities where like-minded souls gathered to experience a profound shift in consciousness. This wasn't just another retreat; it was an extraordinary expedition into the depths of my potential.

As I took this bold leap, I expected my world to be turned inside out in the most magnificent way. I envisioned an immersive experience that would transcend my wildest expectations—a journey that promised to change my mindset—and did so spectacularly.

My experience thus far has been nothing short of miraculous. The immersive nature of this journey exceeded even my most ambitious dreams, offering a rare and delightful surprise. It's not every day that one sets out with a specific goal in mind, only to find that reality surpasses every hope and expectation.

This retreat has been a blessing, an awe-inspiring adventure that has enriched me beyond measure. In this sacred space, I've connected deeply with new people, forging bonds that transcend the ordinary.

I'm returning home with a treasure trove of insights. Foremost among them is the incredible power of unity—the magic that happens when individuals come together with a shared purpose. I'm feeling a profound sense of expansion, a deepening of my horizons, broadened by every interaction and every shared moment.

And above all, I'm filled with an overwhelming sense of gratitude. This isn't just gratitude for the experience itself, but for every moment, every connection, and every insight that has brought me to this point of deep, expansive joy.

A close-up portrait of Dr. Lilian Ebuoma, a woman with long, dark, wavy hair, wearing large, dark-rimmed glasses. She is looking slightly to the side with a gentle smile. The background is a soft, out-of-focus grey.

Dr. Lilian Ebuoma

“I embrace this journey, for it is a testament to the power of transformation and the boundless potential of the human spirit.”

Dr. Lilian Fbuoma

LIMITLESS IN MONACO



Ifeoma Uka biala

ADVENTURES IN NATURE

with The Catalyst



BENEFITS OF MEDITATION:

Meditation is a practice that has been embraced for centuries, and its benefits extend to various aspects of physical, mental, and emotional well-being. Here are some of the key advantages:

1. Stress Reduction:

- Meditation helps activate the body's relaxation response, reducing the production of stress hormones and promoting a sense of calm.

2. Improved Concentration and Focus:

- Regular meditation enhances attention span and cognitive skills, leading to improved concentration and increased productivity.

3. Emotional Well-being:

- Meditation cultivates mindfulness, fostering emotional stability, resilience, and a greater capacity to manage and understand emotions.

4. Enhanced Self-Awareness:

- Through self-reflection and mindfulness, meditation deepens self-awareness, helping individuals understand their thoughts, emotions, and behavioral patterns.

5. Better Sleep:

- Meditation has been linked to improved sleep quality, helping individuals relax and reduce insomnia or sleep-related issues.

6. Pain Management:

- Mindfulness meditation can alleviate the perception of pain by changing the way the brain processes pain signals.

7. Lower Blood Pressure:

- Meditation has been associated with reduced blood pressure, contributing to cardiovascular health.

8. Increased Compassion:

- Loving-kindness meditation cultivates feelings of compassion and empathy toward oneself and others, fostering positive interpersonal relationships.

Now, turn to the next page and let's explore different types of meditation and the how-to for each:



BENEFITS OF MEDITATION:



1. Mindfulness Meditation:

Overview: Mindfulness meditation, rooted in Buddhist traditions, focuses on cultivating present-moment awareness without judgment. It involves bringing attention to the breath and expanding awareness to thoughts, sensations, and the environment.

How-to:

1. Find a Quiet Space: Choose a quiet environment where you won't be disturbed.
2. Comfortable Posture: Sit comfortably with an upright spine, hands resting on your lap.
3. Focus on Breath: Close your eyes and direct your attention to the breath. Observe the sensation of each inhale and exhale.
4. Non-judgmental Observation: When thoughts arise, acknowledge them without judgment and gently bring your focus back to the breath.
5. Gradual Expansion: As you progress, expand awareness to sensations in the body, sounds, and thoughts, maintaining a non-reactive state.

2. Loving-Kindness Meditation (Metta):

Overview: Loving-kindness meditation, also known as Metta, aims to cultivate feelings of love and compassion towards oneself and others. It involves repeating phrases that express well-wishes and positive intentions.

How-to:

1. Comfortable Position: Sit comfortably with your eyes closed.
2. Self-Love: Begin by directing feelings of love and kindness towards yourself. Repeat phrases like "May I be happy, may I be healthy."
3. Loved Ones: Extend these feelings to loved ones, acquaintances, and even those with whom you may have difficulties.
4. Phrases of Well-Wishes: Repeat phrases like "May you be happy, may you be healthy," focusing on the intention behind the words.
5. Universal Love: Gradually expand your focus to include all beings, radiating love and kindness to the entire world.

3. Transcendental Meditation:

Overview: Transcendental Meditation (TM) is a mantra-based meditation technique that involves repeating a specific mantra silently. It aims to lead the practitioner to a state of restful awareness and transcendence.

How-to:

- Sit Comfortably: Find a comfortable seated position with eyes closed.
- Mantra Repetition: Repeat a specific mantra silently in your mind. The mantra is assigned based on factors unique to each practitioner.
- Gentle Return: If your mind wanders, gently bring your focus back to the mantra.
- Regular Practice: Practice for 15-20 minutes, twice daily, allowing the mantra to become a vehicle for transcending ordinary thought.

BENEFITS OF MEDITATION:

4. Body Scan Meditation:

Overview: Body scan meditation involves systematically bringing attention to different parts of the body, promoting awareness and relaxation. It is often used for stress reduction and improving mind-body connection.

How-to:

1. Choose a Comfortable Position: Lie down or sit comfortably.
2. Focus on Each Body Part: Start with your toes and move systematically up or down the body.
3. Notice Sensations: Bring attention to each body part, observing sensations, tension, or relaxation.
4. Breathe into Tension: If you encounter tension, breathe into that area, allowing it to release.
5. Mindful Presence: Maintain a mindful and non-judgmental presence throughout the process.

5. Guided Meditation:

Overview: Guided meditation involves following the verbal guidance of a teacher or recorded meditation. It can cover various themes, such as relaxation, mindfulness, or visualization.

How-to:

1. Select a Guided Meditation: Choose a guided meditation recording or use a meditation app.
2. Comfortable Position: Sit or lie down comfortably.
3. Follow Instructions: Listen to the guide's instructions, which may involve visualization, breathing exercises, or body awareness.
4. Immersive Experience: Allow yourself to be immersed in the guidance, following the prompts to cultivate a specific state of mind.
5. Reflect: After the meditation, take a moment to reflect on your experience and any insights gained.

Remember that the effectiveness of meditation often comes with regular and consistent practice. Experiment with different types to find the one that resonates most with you and suits your preferences and goals.





The Power of Eating Right: Nourishing Your Body, Fueling Your Life

In a world filled with tempting fast-food options, sugary treats, and convenience meals, the importance of eating right often takes a back seat. However, the impact of our dietary choices on our overall well-being cannot be overstated. Eating right isn't just about maintaining a svelte figure; it's a crucial component of a healthy lifestyle that contributes to physical, mental, and emotional vitality.

1. Nutrient-Rich Fuel for Your Body: Imagine your body as a high-performance vehicle. To keep it running smoothly, you wouldn't fuel it with subpar gasoline. Similarly, our bodies require a balanced mix of nutrients, including vitamins, minerals, proteins, and carbohydrates, to function optimally. Eating a variety of nutrient-rich foods ensures that our bodies receive the essential building blocks for growth, repair, and overall vitality.





2. Energy Boost and Mental Clarity: The food we consume serves as fuel for our brain as well. A diet rich in whole grains, lean proteins, and fruits and vegetables provides a steady release of energy throughout the day. This not only prevents energy slumps but also enhances cognitive function, contributing to improved focus, concentration, and mental clarity.

3. Disease Prevention and Immune Support: A well-balanced diet plays a pivotal role in preventing chronic diseases. Certain foods, such as fruits, vegetables, and whole grains, are packed with antioxidants and anti-inflammatory properties that help strengthen the immune system and ward off illnesses.

By nourishing our bodies with wholesome foods, we build a robust defense against various health conditions.

4. Weight Management and Heart Health: Maintaining a healthy weight is not just about appearance but is closely tied to heart health. Eating a diet low in saturated fats, cholesterol, and sodium while incorporating heart-healthy fats can help regulate cholesterol levels and reduce the risk of cardiovascular diseases. It's a proactive step towards a healthier, happier heart.



Photo Reel











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Cheers!

THE MAN...



*The Catalyst
Dr Lanre Olusola*

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OF EMPOWERMENT**



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Program Structure for UK Courses



**Registration and uptake for UK
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Registration for courses to be taken in Q1 begins on the 1st of January and closes on the 20th of January. Q1 Courses will run from January to March.

Registration for courses to be taken in Q2 begins on the 1st of April and closes on the 20th of April. Q2 Courses run from April to June.

Registration for courses to be taken in Q3 begins on the 1st of July and closes on the 20th of July. Q3 Courses run from July to September.

Registration for courses to be taken in Q4 begins on the 1st of October and closes on the 20th of October. Q4 Courses run from October to December.



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JENNIFER OBINYELAKU
CUSTOMER SERVICE/
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ALABI OLUSAYO
DIGITAL MARKETING/
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SOCIAL MEDIA MANAGER



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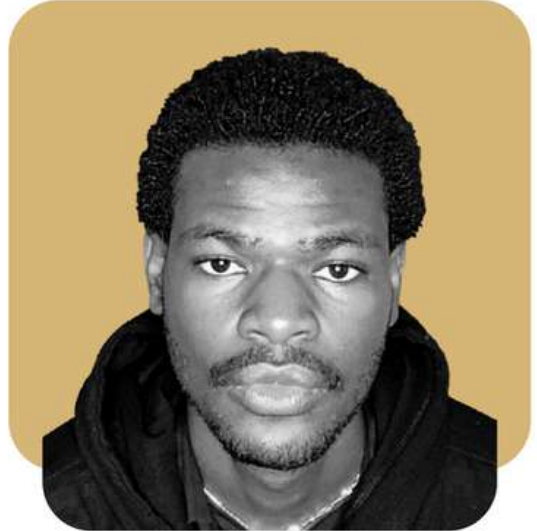
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MONACO

Special

A unlocking potential and inspiring change are the driving forces behind the transformative moments showcased in this special edition of The Catalyst. These moments represent pivotal experiences and events that have had a profound impact on individuals and organizations, unlocking their potential for growth and inspiring positive change. By sharing these stories, we hope to highlight the power of individuals and organizations to make a lasting difference in the world.

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