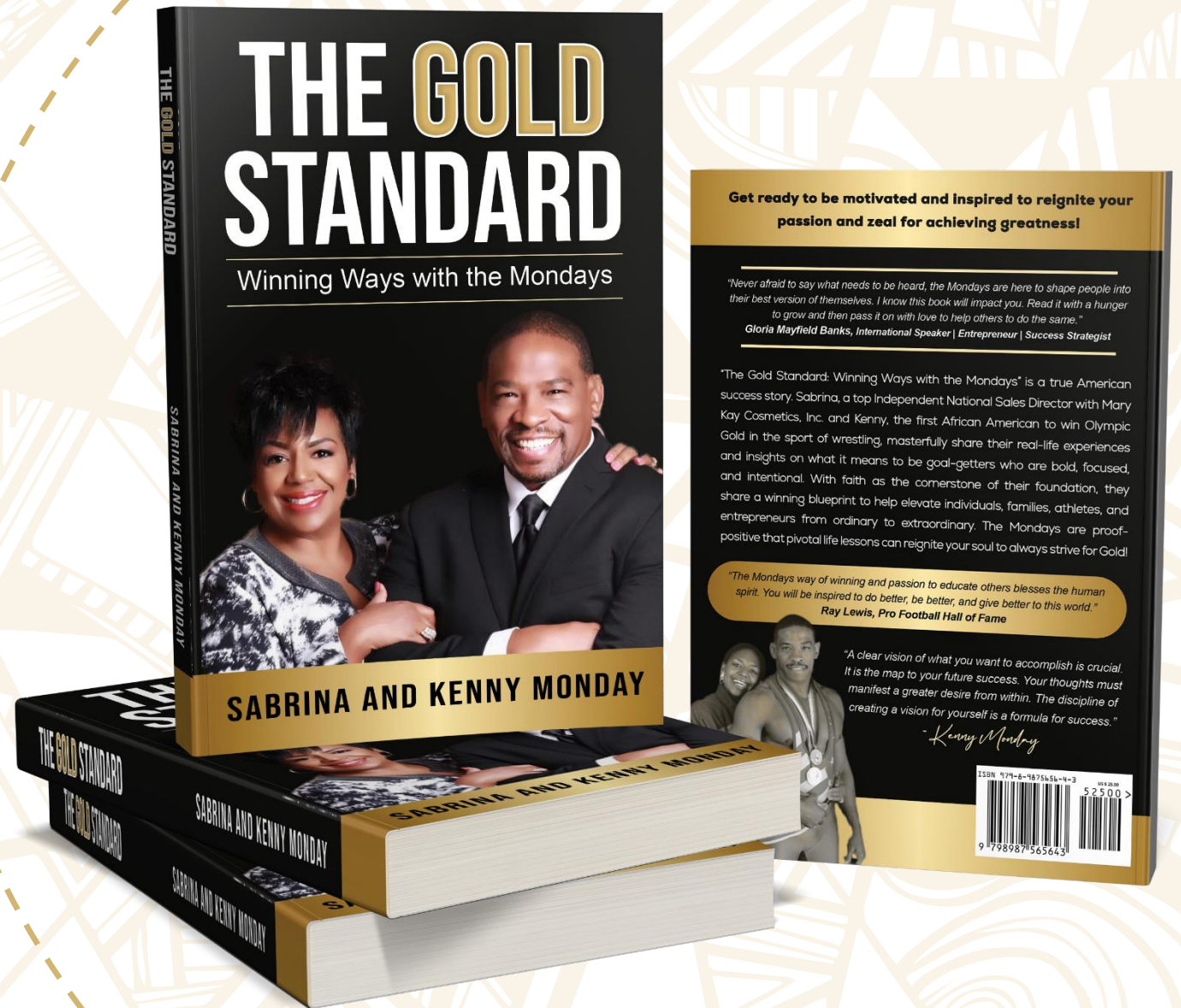


THE GOLD STANDARD

Get ready to be motivated and inspired to reignite your passion and zeal for achieving greatness!

PRESS KIT 2024



GET IN TOUCH



www.thegoldstandard.coach



Kenny Monday



Boo.Monday



Sabrina Monday



NOTE TO THE READER

Success can be measured in many ways. Sometimes you might not place, and other times you might get bronze or silver. It's not always about winning the race, but in lessons learned in running the race. Through faith, hard work, and determination, we've been able to thrive and build a golden family legacy. At this stage in life, we've realized part of our purpose is to encourage and motivate others in their lives.

You will sometimes read our individual thoughts and at other times, you will see where we both write as one. If you do not see our names individually attributed to a section or paragraph, that is a representation of our unity on that particular subject.

We both had much to share, as we wanted you to get the panoramic view of our lives together. On the following pages, we hope you can take some of our same principles and apply them to your life so you, too, can be resilient in achieving family success.

Sabrina & Kenny

A romantic couple is shown in a park-like setting. The man, on the left, is wearing a white shirt and looking towards the woman. The woman, on the right, is wearing a white top and has her hair in braids, looking up and smiling. The background is a soft-focus view of trees and foliage. A decorative graphic consisting of a dashed oval and two gold-colored vertical bar symbols is overlaid on the image. The text 'ABOUT THE AUTHORS' is centered within the oval.

ABOUT THE AUTHORS

SABRINA GOODWIN MONDAY

Sabrina Goodwin Monday is a graduate of Tennessee State University and holds a master's degree from Boston University in broadcast journalism. She is a successful wife, mom, sister, friend, global mentor, motivator and entrepreneur.

She has hosted a daily radio show and has embraced a 30-plus year career in direct sales, climbing to the top of Mary Kay Cosmetics, Inc., as an Independent National Sales Director, driving many Pink Cadillacs over the years.

She brings out the best in people, touching thousands of lives, helping them tap into their God-given gifts by **OWNING** their **POWER**. Educating and encouraging them to grow mentally, spiritually, and financially.





KENNY MONDAY

Kenny Monday began wrestling at the age of six at a YMCA after-school program and excelled in the sport through high school and college, becoming a three-time All-American while at Oklahoma State University.

After college, Kenny won Olympic Gold in Seoul, Korea in 1988, won Silver in Barcelona, Spain in 1992, and finished 6th in 1996 in Atlanta, Georgia. Kenny also won multiple Gold and Silver medals in World Cups, World Championships, and Pan-American events.

After retiring from competition, Kenny became a highly respected wrestling coach. He is a member of the National Wrestling Hall of Fame, also a member of the United World Wrestling Hall of Fame, and the street where he attended the YMCA in his youth is now named after him: Kenny Monday Place. He's now the head wrestling coach at Morgan State University, the only HBCU D1 wrestling program in the country at this time.



SUCCESS



STARS WANTING TO BECOME SUPER!

We EMPOWER, EDUCATE and
INSPIRE!

CHASING DREAMS UNTIL WE
CATCH THEM !

HELPING FAMILIES THRIVE not
just SURVIVE!

WE COACH OVERCOMING
ADVERSITY!

**KENNY MONDAY WINS SILVER MEDAL
WITH 1992 FREESTYLE WRESTLING
TEAM IN BARCELONA SPAIN.**





**KENNY MONDAY WINS GOLD MEDAL WITH 1988
FREESTYLE WRESTLING TEAM IN SEOUL KOREA.**

STARS WANTING TO BECOME SUPER!

WE COACH SUCCESS!

Become the best version of yourself. Coaching is a transformative journey that empowers individuals to tap into their full potential and unlock their inner greatness. Whether you're a wrestling coach or a sales coach, the process of being coached is like a star evolving into a super nova, radiating brilliance and achieving extraordinary success.

Through personalized guidance, support, and strategic planning, coaching enables individuals to refine their skills, overcome challenges, and cultivate a winning mindset. It's about pushing boundaries, embracing growth, and embracing the journey towards self-improvement.

Experience MONDAY SUCCESS! EVERYDAY IS MONDAY!

- ❖ Personal Coaching
- ❖ Keynote Speaking
- ❖ Workshop Presentations





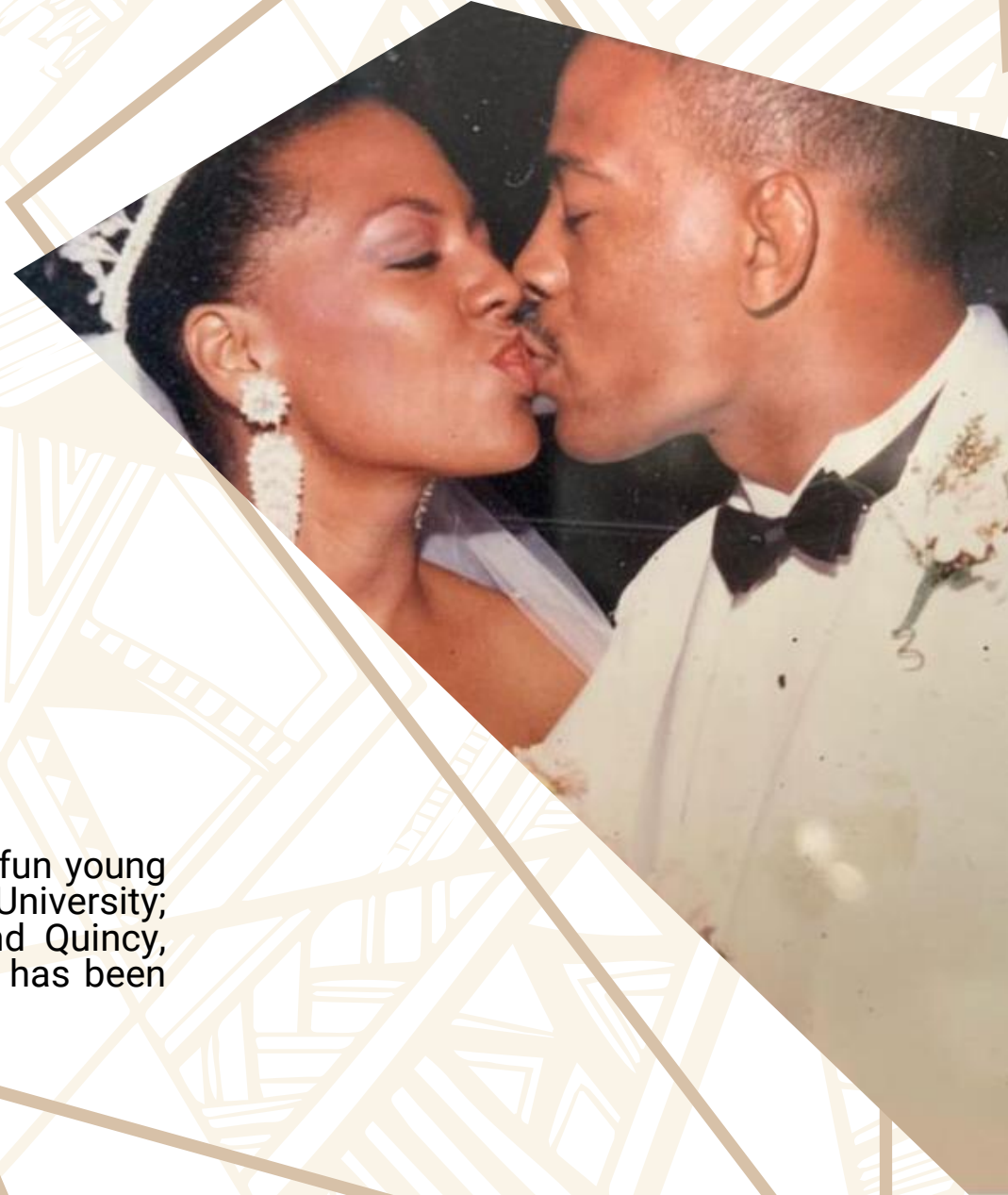
BUILDING FAMILY SUCCESS



A multi-faceted endeavor that requires dedication, communication, and a shared sense of purpose. It begins with fostering a strong foundation of love, trust, and respect within the family unit. Open and honest communication is key, as it allows family members to express their thoughts, concerns, and aspirations, creating an environment of understanding and support.

Setting goals together and working towards them as a team not only strengthens the bond between family members but also instills a sense of purpose and accomplishment. Nurturing individual talents and encouraging personal growth within the family dynamic contributes to the overall success of the family unit.

They are the proud parents of three kind, loving, smart, fun young adults, who are college graduates. Sydnee, Howard University; Kennedy, University of North Carolina/ Chapel Hill; and Quincy, Princeton University. Building our family over the years has been our greatest challenge with our greatest rewards.



SYDNEE



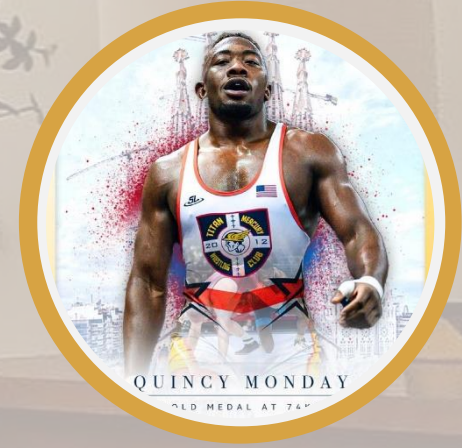
Children's Book Editor

KENNEDY



**Elite Athlete/Coach
Baltimore, M.D.**

QUINCY



**Elite Athlete /Coach
Princeton, N.J.**

BUILDING A LEGACY OF FAMILY SUCCESS!

We may not have it all together, but together we have it all!

**30 plus years of marriage
Moved 8 times, 6 states
3 children
3 Dogs**

BOOK'S SUMMARY





BOOK'S SUMMARY

Get ready to be motivated and inspired to reignite your passion and zeal for achieving greatness!

The Gold Standard: Winning Ways with the Mondays” is a true American success story. Sabrina, a top Independent National Sales Director with Mary Kay Cosmetics, and Kenny, the first African American to win Olympic Gold in the sport of wrestling, masterfully share their real-life experiences and insights on what it means to be goal-getters who are bold, focused, and intentional.

With faith as the cornerstone of their foundation, they share a winning blueprint to help elevate individuals, families, athletes, and entrepreneurs from ordinary to extraordinary. The Mondays are proof-positive that pivotal life lessons can reignite your soul to always strive for Gold!

TESTIMONIALS



“The Mondays way of winning and passion to educate others blesses the human spirit. You will be inspired to do better, be better, and give better to this world.

“Ray Lewis, Pro Football Hall of Fame”



“Never afraid to say what needs to be heard, the Mondays are here to shape people into their best version of themselves. I know this book will impact you. Read it with a hunger to grow and then pass it on with love to help others to do the same.”

**Gloria Mayfield Banks, International Speaker, Entrepreneur,
Success Strategist**



OUR TARGET AUDIENCE

SELF DEVELOPMENT

Parents

Parents who are actively involved in their children's sports activities and seeking guidance on how to support their children effectively.

Coaches

Coaches who work with young athletes and want to understand the parental perspective better or offer advice to parents. Athletes will be inspired to push for greater.

Teachers and Educators

Professionals involved in the educational aspects of children's sports, including physical education teachers or school administrators.

Sports Administrators

Those responsible for organizing youth sports leagues or programs, who may want to provide resources to parents involved in their programs.

Healthcare Professionals

Doctors, therapists, or nutritionists who work with young athletes and their families, offering guidance on health and wellness.

Entrepreneurs

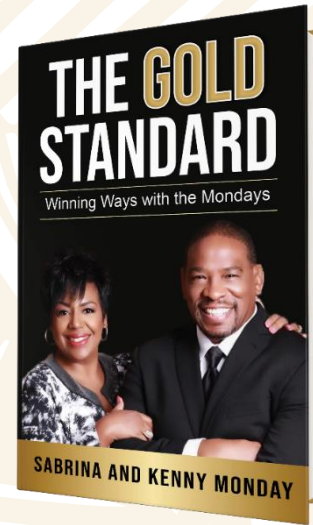
Grit and entrepreneurship drive visions into reality. Grit fuels determination and resilience, helping overcome obstacles. Sabrina and Kenny demonstrate how their ventures foster risk-taking, innovation, and opportunity creation.

Faith based organizations

Mondays believe faith brings profound meaning and purpose, providing strength and a sense of belonging. Faith shapes values, offers stability and hope in challenges, and reminds us to trust in a higher power, seek wisdom, and find solace in uncertainty.



**PRESS
KIT**



CONTACT US / BOOK US!

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