

'Momnificent'

*Aurora woman
helps mothers
achieve goals*

BY SUSAN DIBBLE

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When mom coach Lori Radun spoke to the Mothers of Preschoolers group in Aurora recently, she talked about the eight essential ingredients of having a "momnificent" life.

"While she was going over them, in the room you could hear the oohs and aahs," recalled MOPS

Neighbor to know

member Lillian Lucas of Aurora. "You could tell people really connected, and a bunch of people went up to talk to her afterward."

Radun has been connecting with moms across the country, and even internationally, since becoming a mom coach five years ago.

Her self-published book, "The Momnificent! Life: Healthy and Balanced Living for Busy Moms," recently was named a finalist in the sixth annual National Books Awards of USA Book News, an online and review Web site for publishing houses.



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Lori Radun of Aurora has written a book called "The Momnificent Life: Healthy and Balanced Living for Busy Moms" that has gained attention from an online magazine and review Web site for publishing houses.

Chocolate Fix," is read by mothers as far away as India, the Philippines and Africa. Radun's personal coaching clients include women from out-of-state. Within the West suburban area, the Aurora resident has become a favored speaker among churches, moms groups and other organizations.

concerns, said Radun, herself the mother of sons ages 18 and 7.

Concerns like achieving balance in the multiple roles moms play, harmonious relationships, parenting challenges, organization and decluttering are issues Radun often addresses.

Neighbor: Mom found her calling

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"I think the big question is, 'What is my purpose?'" Radun said. "Especially stay-at-homes moms begin to ask themselves, 'Is this all there is?' They enjoy being a mom, but they're wanting something more."

Radun has asked herself that question. She spent 20 years in the business world, but found herself growing increasingly dissatisfied and wanted more time home after her second son was born.

When a mentor suggested to her that she would make a great life coach, she asked, "What is that?" But as she began to read about life coaching as a career choice, she became more and more interested.

"An absolutely overwhelming passion just took over. I knew like that, this was exactly what I was supposed to be doing," Radun said.

Radun enrolled in the New Jersey-based Institute of Professional Excellence in Coaching and became certified. After launching her new business, Radun honed her focus on moms as the people to whom she related best.

She offers individual coaching, group coaching, presentations and a Momnificent University of self-study courses, and plans to start a moms club in January. Much of her coaching work is done by telephone, she said.

Radun said she can understand the hardships of others



Mom coach Lori Radun of Aurora spends time with her own 7-year-old son, Ian.

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names a spiritual foundation as important to her life, although she adapts her presentations to both religious and secular audiences.

"There is just too much uncertainty. There's too much we don't have control over," she said. "I'm a firm

family are the key ingredients Radun names as part of living a balanced life.

Mothers often feel burdened with guilt and need to give themselves permission to achieve that balance, she said.

"When we become moms,

said she's learned to set more realistic expectations and enjoy life more in the three years she has received personal counseling from Radun.

"They're (her family) happier because I'm happier," she said.

"I can be a source of encouragement to let people know, 'You can do this. You can come out on top, no matter what you've been through.'"

Lori Radun

parts of life that were stymied after her children were born by setting goals such as de-cluttering the basement so it can be used more, finding time to exercise, preparing healthy meals and making time for her hobbies.

"Working with Lori and setting goals helps you stay on target," she said.

Lucas said in addition to inviting Radun to speak at her MOPS group, she took a de-cluttering class Radun taught at the Batavia Park District.

"(She) gave you a plan to do it. That, for me, was really helpful," Lucas said.

Radun charges \$115 an hour for personal coaching, but also makes her resources available at more affordable prices. For example, the Momnificent Moms Club she plans to start will have membership fees ranging from \$8.95 to \$59.98