

Momnificent!

About Lori Radun, CEC, AELC The Momnificent!™ Coach

Byline:

Lori Radun is a certified life coach, inspirational speaker and author of *The Momnificent!™ Life - Healthy and Balanced Life For Busy Moms*. As a motherhood guru committed to helping moms live magnificent lives, see why moms are visiting www.momnificent.com for the free Momnificent!™ newsletter, a library of expert advice, and continuously updated blog of mom-worthy news and developments.

Broadcast Bio:

Lori Radun (pronounced Ray-den), The Momnificent!™ Coach, is a certified life coach, inspirational speaker and author of *The Momnificent!™ Life - Healthy and Balanced Living for Busy Moms*. A guru to conscious mothers everywhere, Lori's mission is to help moms raise their energy, raise their morale, and raise their consciousness while raising great kids. Her website www.momnificent.com is a place where mothers go to receive expert advice and unconditional support on living magnificent lives. Welcome, Lori.

Bio for Lori Radun:

Although it prepared her to be a successful mompreneur, working over 20 years in the business world did little to nurture Lori Radun's life-long passion for personal growth. In 1993, Lori began to feel a longing in her heart to make a difference in the world. Following her interests, she went back to school to study Psychology, but her heart was set on fire when she decided to become a life coach and began work with the Institute of Professional Empowerment Coaching to receive her certification.

Today, Lori is a life coach, inspirational speaker and guru to conscious mothers everywhere. Her mission is to provide simple tools to help moms raise their energy, raise their morale, and raise their consciousness while raising great kids. She believes that a grounded and happy mom will strengthen any family unit, and ultimately lay the groundwork for future generations.

Eager to give mothers encouragement and support on their motherhood journeys, Lori founded Momnificent!™ where moms can go for expert advice, coaching and information on topics facing moms today. In her book, *The Momnificent!™ Life - Healthy and Balanced Living for Busy Moms*, Lori's openness and conversational style gives moms the feeling they're sharing "Aha!" moments with a friend while they're learning to live more fulfilling lives.

Lori is the mother of two wonderful boys, the wife of a very supportive husband and a lover of books, chocolate and Tae Kwon Do!

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