

Momnificent!

Lori Radun, CEC, AELC - The Momnificent!™ Coach Simple Tools to Help Moms Live Magnificent Lives

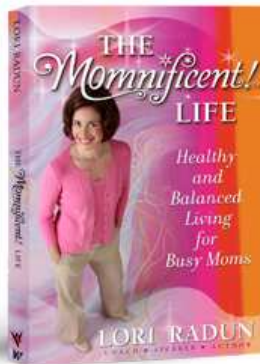


Although it prepared her to be a successful mompreneur, working over 20 years in the business world did little to nurture Lori Radun's life-long passion for personal growth. In 1993, Lori began to feel a longing in her heart to make a difference in the world. Following her interests, she went back to 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!



Story Ideas

Mommy Balance? Is it possible: With all the controversy over whether or not balance in motherhood is possible, Lori will tell you that it is. Lori will explain what "balance" means and share 10 secrets for maintaining balance in motherhood.

Little Miss Perfect robs a mother's joy: Many mothers are worried about making mistakes as parents. To offset this worry, moms often get caught up in perfectionism. Lori will offer strategies for letting go of perfectionism and creating reasonable expectations.

Wouldn't it be nice if TIME grew on trees?: Like money, time is a precious commodity and mothers often find themselves with not enough time in a day. Lori will share her quick guide to the 5 E's of time management.

Healthy Boundaries are the key to a happy life: Boundaries enable us to protect what is most important to us in life. Lori identifies seven types of boundaries mothers should consider when crafting their ideal life.

Mom, Zap the Guilt: Guilt and motherhood often seem to go together. Lori will provide strategies for overcoming 5 common guilt traps mothers often fall into.

Start living your Momnificent!™ Life today: Lori is committed to helping moms live magnificent lives - personally, professionally and spiritually. She will share the 8 essential ingredients for feeling Momnificent!™.

Online Press Kit: www.momnificent.com/press_and_media.php

Website: www.momnificent.com

MEDIA CONTACT:

Lori Radun
(630) 236-7142
lori@momnificent.com

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