

SOUTH AUSTIN PERSONAL RENEWAL GROUP FOR MOTHERS

☞ Begins March 8th, meets the first Thursday evening of each month in South Austin☞

Are you interested in reconnecting with “who you are” and living the life you truly desire?

Would you like to learn how to make your physical/mental/spiritual/emotional self-care a priority and why it’s key to living, loving and parenting optimally?

Could you use support in gaining clarity and focus on how to allocate your energy and experience more balance in your life?

Supportive, nurturing and empowering, **The Personal Renewal Group for Mothers** is a 5-year old, Austin-based group coaching program for moms created specifically to explore and learn **1) how to "reconnect" with who you are, 2) strategies for making self-care/nurturance a priority so you can live, love and parent optimally and 3) how to experience greater life balance.** The program is based on career/life balance coach Renee Trudeau’s new book [The Mother’s Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life.](#)

Topics for the 2006-07 Personal Renewal Group may include:

- *The Transformative Power of Self Care (on a physical, mental, spiritual and emotional level)*
- *Reconnecting with Who You Are, Nurturing Your Essence*
- *Good is Good Enough: A Mother’s Mantra*
- *Motherhood as a Spiritual Journey*
- *Unleashing Your Creativity and Reclaiming Adventure in Our Lives*
- *Life Balance: Insights and Strategies for Balanced Living*
- *Managing Our Energy, Saying “No” and Asking for Help*

Feedback from 2003-06 Personal Renewal Group participants:

“I love the powerful, deep nature of this work, it has made a huge difference in my life.” **Susan**

“PRG helped me not beat myself up so much. My new mantra (since coming) is 'good is good enough!' ”---**Paula**

“I can’t put into words how much I appreciate this work and how it has affected my thinking and ‘being’—as a woman and a parent.”--**Amanda**

“I was concerned about spending \$ because our budget is really tight. Wow, am I glad I decided to do PRG. This has been a truly meaningful and life-changing experience for me. **Kristan**

“The open, safe environment for sharing was amazing. I’ve never seen anything like it. I felt comfortable to say anything. The women were amazing.”--**Maria**

“I loved being challenged to make my self-care a priority; PRG has made a huge difference in my life.” --**Kristen**

“The exercises on saying no (boundaries), setting intentions and managing our energy were profound—**Janet**

About the Facilitator:*

*As an RTA-Trained Facilitator, I have been personally coached by author Renee Trudeau to lead PRGs.

To learn more or to register:

For info. or to register email: renee@careerstrategists.net or call **459-6700**. Cost: \$180 for 6-month program (includes 6 evening workshops, email support/reminders between meetings and a copy of *The Mother’s Guide to Self-Renewal*). Registration is on a first-come, first-served basis; group size is limited to _____.