Personal Renewal Groups- (PRGs)

**Quotes to put in the side margins:**

**“I believe if every mother experienced this self-renewing class, we would have a world full of more care-free, less stressed mothers which makes families happy” – Joy**

**“When a woman starts to give back to herself, it is like breathing the freshest air. It gives you peace inside, a clear mind, and tremendous energy” –Hamidah**

**“The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself” –Anna Quindlen**

**“Self-care is not about self-indulgence, it is about self-preservation” –Audre Lord**

*When women come together with intention and purpose, profound things can happen.*

Personal Renewal Groups (PRGs) empower women to create a life filled with balance, connection, meaning and joy. A Personal Renewal Group is a circle of women sharing in a collective exploration of how to reclaim, rebalance and reconnect in our lives as mothers, spouses, friends and colleagues. It is a Life Coaching Group, focused on enhancing your well being. We have discussions, journal topics, exercises, inner reflections and much laughter and connection. Together we will explore:

~the transformative power of self-care

~managing our energy

~ideas on reconnecting with “who you are”

~meaningful connection with like-minded women

The PRG is for any woman or mother who is ready to explore her life, make some positive changes and engage in self-growth. Whether your children are six weeks old or thirty six years old, all women are welcome! Regardless of our life, personal and career choices, we all face similar challenges of finding time to take care of ourselves, finding balance and a sense of inner peace. Together, we can all share and benefit from the unique power of this women’s group.

As facilitator, I will create a safe, confidential, supportive, empowering and nurturing environment for the group. By joining a Personal Renewal Group, you will be making the decision to set aside rare and precious time to invest in yourself. We will look at what you want to create in your life, and what steps you need to take to get there.

Personal Renewal Groups were designed to be a year-long journey. For convenience, we have broken up the monthly topics into two sessions (six months each). Our small group meets once a month for 2 ½ hours.

I hope you will carve out time in your life to invest in yourself and let a Personal Renewal Group support you in creating and living the life you truly desire-the life you deserve.

Please contact me to find out when the next PRG group is starting and if it could be right for YOU!