



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

News and Story Ideas

Lori Radun is a certified 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. Below are a few story angles to consider. For content customized for your specific needs, please contact us or visit our archive of articles.

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.

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.

The Case Against Clutter. Clutter shows up in more ways than just physical clutter. Lori can help you look at the various types of clutter that accumulates in our lives and provide 7 good reasons to get rid of it.

Face and Embrace Change. If there is one thing constant in life, it’s change. Lori can speak to her approach on the five struggles everyone encounters when facing change.

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.

Conquering the Procrastination Plague. There are two parts inside us - one part wants to get started and be successful, and the other part wants to stop, give up, or take it easy. Lori can speak to the 5 common reasons mothers procrastinate and provide solutions to ending this self-sabotaging behavior.

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.

Motherhood is fulfilling when you live a life of purpose. Sometimes moms ask “Is this what motherhood is all about?” These discouraged and unfulfilled moms have disconnected with who they are at their core. Lori can share her secrets for living a life of purpose while being a mom.

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