

Introducing

The 5 Essential **R's** for Families

Group Coaching Workshop

In this 4-week group coaching workshop, you will integrate the **5 essential R's for families** to achieve two very important objectives:

- ♥ Create and maintain a loving, peaceful, organized and fun family environment
- ♥ Obtain the tools needed to raise your children to be happy and responsible adults

Week 1

Develop Family **RULES** and consequences to instill responsible child behavior.

Week 2

Design Family **ROUTINES** to organize your family and teach child independence.

Week 3

Implement Family **RITUALS** that will create lasting, loving memories and build happy and cohesive family relationships.

Week 4

Create a Family **RECREATION** and **RELAXATION** plan to maintain a fun and peaceful family environment.

Date and Time: (4) 1-1/2 hour sessions to be determined by group
Cost: \$100 per person for 4-week series (materials incl.)
For: Moms (spouses welcome) of children ages 2-14
Min/Max: Minimum of 6 moms / Maximum of 10 moms
To Register call: True to You Life Coaching at (630) 236-7142



Group coach and facilitator Lori Radun, CEC is a certified life coach for moms. Her mission is to inspire and encourage moms to create peaceful, balanced and fulfilling lives for themselves and their families, while being the best mom they can be.

