

*Momnificent!*



Press Kit for:  
**Lori Radun, CEC, AELC**  
**The Momnificent!™ Coach**  
[www.momnificent.com](http://www.momnificent.com)  
(630) 236-7142

# Momnificent!

## About Lori Radun, CEC, AELC The Momnificent!™ Coach

### Byline:

Lori Radun is a certified life coach, inspirational speaker and author of *The Momnificent!™ Life - Healthy and Balanced Life For Busy Moms*. As a motherhood guru committed to helping moms live magnificent lives, see why moms are visiting [www.momnificent.com](http://www.momnificent.com) for the free Momnificent!™ newsletter, a library of expert advice, and continuously updated blog of mom-worthy news and developments.

### Broadcast Bio:

Lori Radun (pronounced Ray-den), The Momnificent!™ Coach, is a certified life coach, inspirational speaker and author of *The Momnificent!™ Life - Healthy and Balanced Living for Busy Moms*. A guru to conscious mothers everywhere, Lori's mission is to help moms raise their energy, raise their morale, and raise their consciousness while raising great kids. Her website [www.momnificent.com](http://www.momnificent.com) is a place where mothers go to receive expert advice and unconditional support on living magnificent lives. Welcome, Lori.

### Bio for Lori Radun:

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!

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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!™.



Lori Radun, CEC, AELC - The Mommificent!™ Coach  
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### Suggested Interview Questions for Lori Radun, CEC, AELC:

- ◇ What is Mommificent!™?
- ◇ What are the 8 essential ingredients you feel moms need to live magnificent lives?
- ◇ You say there are 5 common guilt traps mothers often fall into. Can you share with us what those are?
- ◇ I know it's so common for moms to procrastinate on the mundane chores like laundry and housework. Can you tell us ways to overcome this procrastination and start getting things done? What are some of the other reasons mothers procrastinate?
- ◇ How is perfectionism affecting moms today? What can moms do to let go of this unrealistic expectation?
- ◇ One of the most common complaints of moms today is not having enough time. Can you share your philosophy on managing time? What quick tips can you give moms who want to get better at time management?
- ◇ So many moms are constantly battling the war against clutter. Can you share with us the 7 good reasons to get rid of clutter?
- ◇ You take clutter to a much deeper level. Can you explain what you mean by that? What other areas of clutter moms should pay attention to?
- ◇ Can you tell us why boundaries are so essential to living our best lives? You've identified 7 types of boundaries to focus on. What are those?
- ◇ Can you explain to moms what "balance" means? What are some of the common myths moms believe about balance? What most interferes with a mom's ability to maintain balance?

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

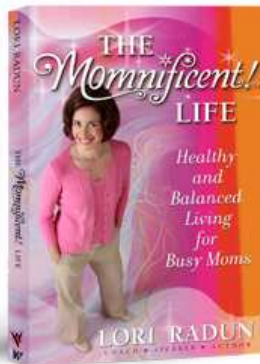


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Lori is the mother of two wonderful boys, the wife of a very supportive husband and a lover of books, chocolate and Tae Kwon Do!



### Story Ideas

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**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.

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Website: [www.momnificent.com](http://www.momnificent.com)

### MEDIA CONTACT:

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

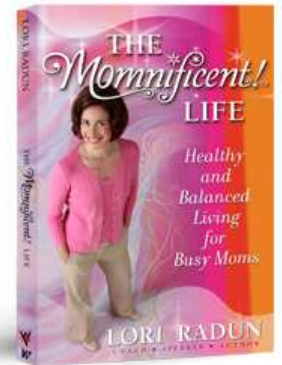


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### Suggested Topics for Discussion

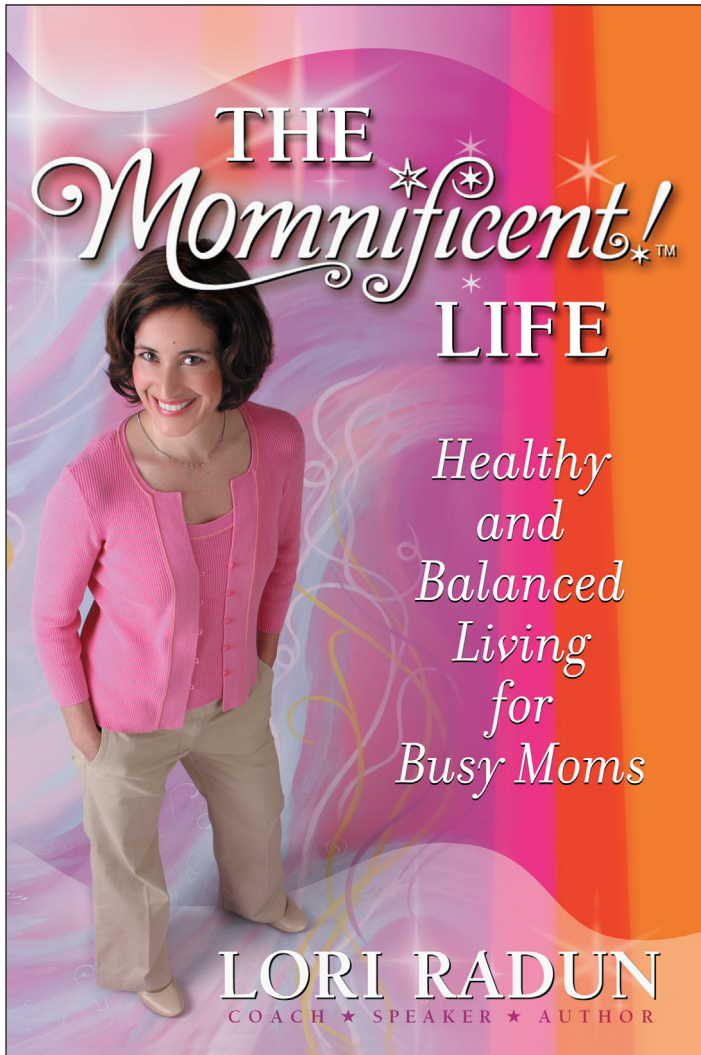
- ◇ Strategies to let go of perfectionism and create reasonable expectations.
- ◇ A quick guide to the 5 E's of Time Management
- ◇ The 8 essential ingredients to living a Momnificent!™ Life
- ◇ Solutions to getting out of the 5 common guilt traps mothers often fall into.

Online Press Kit (media): [www.momnificent.com/press\\_and\\_media.php](http://www.momnificent.com/press_and_media.php)  
Public Website: [www.momnificent.com](http://www.momnificent.com) - for blog, speaking, products, etc.

### Suggested Interview Questions

- ◇ What is Momnificent!™?
- ◇ What are the 8 essential ingredients you feel moms need to live magnificent lives?
- ◇ You say there are 5 common guilt traps mothers often fall into? Can you share with us what those are?
- ◇ I know it's common for moms to procrastinate on mundane chores like laundry and housework. Can you tell us ways to overcome this procrastination and start getting things done? What are some of the other reasons mothers procrastinate?
- ◇ How is perfectionism affecting moms today? What can moms do to let go of this unrealistic expectation?
- ◇ Can you share your philosophy on managing time? What quick tips can you give moms in this area?
- ◇ You take clutter to a much deeper level. Can you explain what you mean by that? What other areas of clutter should moms pay attention to?
- ◇ Can you tell us why boundaries are so essential to living our best lives? You've identified 7 types of boundaries to focus on. What are those?

To book Lori Radun, call Lori at 630-236-7142 or email [lori@momnificent.com](mailto:lori@momnificent.com)



*Live Your Best Life in All Areas!*

Authentic and empowering, *The Momnificent! Life ~ Healthy and Balanced Living for Busy Moms* is an important work of nonfiction, which can play a significant role in creating healthy families based on the concept that mothers are role models and that the path to a happy family begins with a happy mother. Prepare to be inspired, get ready to celebrate balance and begin learning how to create your own support network using savvy concrete advice on money, time and health management, not to mention a number of clear directives on how to have fun.

In just under sixty chapters, the author takes readers through eight subsections that prove a graceful approach to looking at one's whole life. She leaves no stone unearthed as she offers advice on achieving financial intimacy with one's partner, guidance on sibling rivalry and the best protocols for establishing a child's allowance. Her keen-witted insight measures the entire breadth of childhood and beyond.

Children will test boundaries and push buttons, negative people will butt their ugly heads in our lives and it is best to live a de-cluttered life. The point is that finally a life coach takes the time to mete out much needed direction to mothers in order to minimize mommy stress, identify and solve problems to begin living life as an adventure. By walking the talk, mothers begin teaching children about independence and responsibility—they are the first one's to answer the call and open the door to create extraordinary families living extraordinary lives.

## **The Momnificent™ Life** Healthy and Balanced Living for Busy Moms

by Lori Radun

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Parenting / Motherhood

SEL031000 SELF-HELP / Personal Growth /  
General

SEL035000 SELF-HELP / Time Management

“Every mom will benefit from her sound advice.”

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“Put joy and purpose back into motherhood.”

Suzanne Falter-Barns Creativity Expert, Author of *How Much Joy Can You Stand?*

“Inspiration and information on every topic facing moms today.”

Dr. Caron Goode Founder of Academy for Coaching Parents International

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- *Career and Profession*
- *Home and Family*

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Lori Radun is a certified life coach, accredited energy leadership coach, inspirational speaker and author of many personal and family development products. Aside from being a happy life coach and passionate entrepreneur, she is a proud mommy of two wonderful boys, and the wife of a very loving and supportive husband. She lives with her family in Aurora, Illinois.

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