

AT THE ROUND TABLE

May 26, 2010



MomEmpowerment
helps Mothers learn the tools they
need to create a fulfilled and
balanced life.

*

As mothers we give
so much of ourselves
that we often lose
our own identity
and life goals

*

Be proactive in

**Dear Friends of
MomEmpowerment**

,

**Welcome Back To The
Round Table!**



Vivienne's Outstanding Chorus Award

Graduations, championship
sporting events, end of the year
award ceremonies, proms,
recitals,
you name it, it is happening
now!

For Moms with kids that are in
school it is a whirlwind of
events!

For those Moms with babies
and toddlers, let me tell you,
you have a lot to look forward
to!

seeking the support
you need to create
positive changes in
your life.

*

MomEmpowerment
will motivate you
to enjoy this
precious time with
your children AND
realize your own
individual dreams.



Sign up for your FREE Sample
Session Today!!!

[CLICK HERE](#)

You can change your life with the
assistance of
Michelle Teyke
Professional Certified Life Coach!

Live the life you want to live today!

Book today and
Get the Results

I find this time of the year a perfect time to reflect on our life as it is now and take account of all the blessings that surround us! Sometimes we get so wrapped up in our daily routine of getting one task done after another and then another and THEN another that we lose sight of how much we as mothers have accomplished!

I have found that there are different phases we go through as mothers with our children and we have different challenges and rewards in each of them.

If you are a young mother, you can see your baby grow and develop right before your eyes and each day is a miracle! This is a magical time and your rewards are great just seeing that baby grow and prosper.

For the mothers of toddlers you most likely have exhausting days and nights, but you must remember that you are building the foundation for who your children become later in life. It is really important that you take care of yourself so that you can get through this phase! You must praise yourself every day at what a great job you are doing!

When your children are in elementary school they are still a handful but you can see how their bodies and minds are expanding ever so rapidly. Every new thing they achieve is

you are looking for!!

Call 941-538-0791

or
email

michelle@momempowerent.com

amazing and they couldn't have done it without you!

When your children move onto middle school and high school that is when you can see the outcome of all your hard work, your nurturing, and love that you have invested into your child!

Today I went to an awards ceremony at my daughter's school and wept silently at the sight of all the beautiful faces of the children being recognized for their efforts. Even more beautiful were the faces of the parents whose child was receiving an award! I could see in their eyes the unconditional love and immense pride they were feeling!

Yes, having children is one of the hardest jobs on Earth, no doubt! But those small, golden moments when we see the fruits of our work make it all worth it!

My article below is about the magic of *encouragement*!

If you can incorporate using encouragement with your children, your spouse, your family and yes, even yourself, your life will become magical!

Your friend and coach,
Michelle

In This Issue

Encourage Your Kids

MomEmpowerment

Encourage Your Kids

Partners

Ana Molinari's

Mel Sosnoski
Hair Stylist

8120 Main Street Suite 102
Lakewood Ranch, FL 34202

809-672-6363 Cell
Mel7320@aol.com



Wendy Moore

Diamond Star

941-371-1151

star.site@verizon.net

www.teamstarlight.com/WendyMoore

INDEPENDENT REPRESENTATIVE

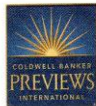


5LINX
www.5linx.net/skite

lyndaellinger@verizon.net
Rin#: L381255

Lynda Ellinger
GLOBAL EXPANSION LEADER

cell: 941-228-2430
video: 319-493-3308



KATHY HOONHOUT, CHMS, NHPS
Associate Broker

COLDWELL BANKER RESIDENTIAL REAL ESTATE
423 St Armands Circle, Sarasota, FL 34236
Business: 941.388.3966
Cellular: 941.228.3945
ktyhoon@aol.com
Search for property at www.flawest.com

Owned And Operated By NKT LLC.



Leslie Lauritano
Senior Mortgage Lending Officer

Regions Mortgage
1626 Ringling Blvd
Sarasota, Florida 34236
Phone (941) 329.4104
Fax (941) 423.7114
Cell (941) 504.1028
leslie.lauritano@regions.com

The two simple words , "Good job" can make the world of difference! I remember as a child receiving encouragement and praise for tasks well done and feeling my heart grow three sizes bigger just like the Grinch when he discovered the true meaning of Christmas. Praise (if not used in excess), acknowledgement and encouragement are amazing tools to use on a daily basis.

The Massachusetts Medical Society encourages us to, *"Catch your child being good. Your child needs your love and attention. Sometimes your child learns that the only -- or the best -- way to get your attention is to misbehave! So, watch for when your child is being good and be sure to pay attention to good behavior."*

As a mother we often lose ourselves in our tasks and forget to acknowledge our children when they have done something well. We also forget to encourage our children by noticing their efforts. Encouragement

refers to a positive acknowledgment of work completed. We need to communicate our thoughts to our children whether it be disciplinary or encouraging. The behavioral growth of our



children is dependant upon our interacting with them or not!

In the New York Times, author Jane E. Brody states, "*Young children require time and one-on-one feedback.*" Words of encouragement given to your children can be the magic formula to help them grow to their full potential. My daughter Lauren made a lemonade stand for "Hope For Haiti" with her girlfriends Nicole and Julia. Yes, it took time out from my busy schedule but encouraging them in such efforts will definitely mold them for the future to continue with such efforts.

Here is an exercise for you: Close your eyes and say "Yes" to yourself 5 times and see how you feel . Write it down when you open your eyes. Now close your eyes and say "No" to yourself 5 times and see how you feel, then write it down. The "Yes" symbolizes your words of encouragement and the "NO" judgemental or critical words. Which feels better?

I challenge you to encourage your child every day! Praise your husband as much as possible (do you my choice of words?) and tell yourself what a great job you are doing on a regular basis! Feel the magic of praise, acknowledgement and encouragement! The triangle of good health!

I know you can do it! Good job!

Michelle



TIPS FOR MOMS

My Tip for the Moms is **Send Out Cards!** It has simplified my life more than you can ever believe. I follow up with my clients with a few clicks on my computer! I also sent my Christmas cards out and it took my 15 minutes, no lie!!! My good friend April Creech at Imagezone has changed my life single handedly by introducing me to SendOutCards!



Printed Greeting Cards on Demand

With a simple click of your computer mouse - you can select a card, write a message and send a printed greeting card. We print it, stuff it, stamp it, and send it in the mail for you. It's Fast, easy and fun. Let our reminder system tell you when a card is needed or

simply choose a card anytime you want. Send unexpected cards at unexpected times. Never forget another birthday. Always show appreciation.

We are changing peoples lives one card at a time.

[More Info](#)

Contact:

April Creech

april@imagezonefl.com

Office- 941-776-8865

Cell - 941-587-5601