

Thoughts from former Powerful Women participants

Laurie's "Access Your Power" Seminar Series was extremely beneficial to me at this point in my life. I was searching to find the power within myself to make some changes so that I could find the joy and quiet grace I want in my life. Laurie showed me that is truly possible and not that hard with just a bit of self-awareness and effort to look at life a little differently than I ever have.

I would like to thank you for the amazing experience your class brought to my life. It opened my eyes, closed some doors that needed to be closed, and left me excited about the possibilities ahead. Thank you so much. It is hard to believe a six week class could have such a profound effect on my life, but I truly feel that it has. Thank you for the work that you do. I look forward to working with you again very soon.

I would highly recommend the Powerful Women Class to every woman out there! It was a life changing experience and I feel I have come out of it a much stronger, more confident and powerful person. It is helping me choose to make meaningful changes in my life and stress about things a lot less. What I have learned is so powerful, I know I can never go back and can only keep growing and working on not giving my power away! Thank you Laurie! I look forward to working with you again in the future!

I thoroughly enjoyed your class and gained a lot of tools that I am trying my best to put into practice daily. I especially liked your personal stories and examples. Not only did it add a personal touch, but helped to drive the concepts home as well. I've certainly gained a better awareness of my power and the choice I have in keeping it or giving it away on a daily basis.

The class has allowed the "me/us" time we all want to do for ourselves but seldom do. It was nice to be surrounded by like-minded people and find solutions or just listen and feel the support and comfort in that safe space. Thanks again Laurie, you're a true story teller and the resources you provided in the stories and books you shared are so helpful!

I am realizing that how other people behave or think is not my business
-This is my new mantra! Compassion for others has become a more natural state of reaction.

Thank you so much for a wonderful class and experience.
I realize that I am totally a work in progress and will be for my lifetime but your work and guidance has truly inspired me to step back and see that I have everything I need to be the best that I can be. Not just for myself but for the world around me.
I have always tried to put others first so that I can be as generous as possible forgetting that if I'm not taking care of my needs I really don't have much to offer after a while.

The class definitely helped me to put it into perspective that I can't give my power away as a way to help others and that if I stand in my power I will have so much more to offer.

At a time of feeling a bit in an overwhelming fog just going through the motions as a wife, mother, homemaker, business woman...I knew I needed to do something for myself and enroll in this workshop -not 'when my schedule permits' but now. Through reflection, awareness and focus on important yet simple life topics, I learned to pay attention to how I show up in the world, recognize the importance of not giving my power away, find joy in the mundane, and look for the gift in every encounter. I truly know the value of being a powerful woman now!

The concepts we work with are so simple and familiar, yet focusing on them in these ways has had such a profound impact on me. It makes me wonder; what have I been thinking about my whole life??

I love the small group atmosphere....we all learn so much from each other!

I am thoroughly enjoying participating in class and love coming each week!

I woke up this morning so excited that today is Tuesday and therefore I have classand then I remembered class has ended. I was so sad.....Anyway just wanted you to know how much of a positive impact your class has had on my life that it was the first thing I thought of this morning!

This class is life changing....I can't believe the ah-ha moments I have had in such a short amount of time. I am making different decisions in my everyday life and I am no longer carrying around the emotional baggage I once did.

After years of counseling and therapy, I am amazed at the revelations I have come to in only several weeks in this class.

Your class has been unbelievably helpful and I look forward to taking it again in the near future!