

Feedback on the PRG Facilitators' Training Program

"The choice to become a PRG facilitator was a natural extension of my career as a psychotherapist and life coach. The program allows me to provide a wonderful resource to offer my existing clients who are mothers. The power of groups as an avenue for support, insight, and personal growth is well documented, and a Personal Renewal Group is a non-threatening way for clients to experience this first hand. Being a facilitator also gives me an effective way to build my practice by attracting new people to my practice and increasing my visibility in the community. As a mental health provider, my interest and passion is in helping people, not marketing. One of the wonderful things about the PRG program is that almost all of the marketing is done for you through the website, the national publicity, and online resources. It's a small business owner's dream to find such a quality program and proven business model that requires very little investment of time or money. As a trained facilitator, I have access to countless resources through the website. And I've met fantastic women who are PRG facilitators in my community with whom I can connect and share resources. It's been a wonderful decision for me."

Alyson, psychologist/life coach (www.lifebalanceinc.com)

"Why should I become a facilitator? I wondered after being introduced to the Personal Renewal Group material. But, something kept nudging me to get trained, even though I was feeling uncertain. Ultimately, I followed my heart and will forever be changed by this experience, but my change is small compared to the broad impact this movement will create. It is inspiring to be a PRG Facilitator and to share this material with other women and journey with them as they renew their spirit and find joy. I've found that in sharing the work from "The Mother's Guide to Self-Renewal," with others, my own personal and spiritual growth are blooming and taking deep roots. Becoming a Facilitator has also given me the opportunity to strengthen my leadership and communication skills and the experience has been both nurturing and rewarding on many levels. I am honored to be a part of this movement and encourage others to open their ears and accept the nudging to empower women in their community on this journey."

Daniele, self-employed Pilates instructor

"Over a year ago I began my own business coaching corporate leaders. The change in my life balance and career has been very rewarding and yet, I've been left wondering if I'm bringing everything I can to the table with my clients?"

Then I read *The Mother's Guide to Self-Renewal* in one sitting and a dear friend/former colleague suggested we both get trained and co-facilitate a PRG. This opportunity has been rewarding in so many ways. I am a PRG Facilitator *and* a participant – as with all my clients – I am learning and growing along with the circle. I have met extraordinary women with diverse backgrounds and experiences, making me feel more connected to the community than ever before. It's simply wonderful to see the expressions and hear the voices of people who have an 'aha!' moment and thus become less fearful or alone in their existence.

Becoming trained and leading PRGs feels like a calling. By bringing women together to share and support one another, we are supporting the oneness of the universe– this is no small thing. *The Guide* and PRG format are perfect vehicles to lead and participate in the world in the most meaningful way. By supporting one another in our journey inward, there is ultimately a positive and powerful affect on society as a whole."

Madelyn, career/leadership coach (www.vertentenconsulting.com)

"When I was a PRG member several years ago, I learned to focus on self-care and how to prioritize what matters most to me. I discovered how I wanted to redefine my life. Recently, I learned how to let go of my responsibilities with my husband's business so I could become a birth doula and focus on what I love - helping mothers transition into motherhood. When the opportunity to become a PRG Facilitator presented itself, I felt this would be an incredible skill to learn and a great addition to my "birth bag". Becoming a PRG Facilitator has benefited my business as well as my own personal growth. I've made additional business contacts with fellow facilitators, and I appreciate the continued support of Renee and her team. This has been a very worthwhile

energy and resource investment and I highly encourage birth professionals to become PRG Facilitators. The added support that we can offer our clients through PRGs can greatly enhance our work in empowering expectant and new mothers.”

Darlene, birth doula

“Becoming an RTA-Trained Personal Renewal Group Facilitator has allowed me to take my personal and spiritual growth to a whole new level. Facilitating a PRG is truly an incredible gift. I love being able to work with other moms and watch them grow and learn how to take better care of themselves. Seeing a mother finally taking time to reconnect with herself is truly magical, and is one of the great privileges of being a PRG facilitator. You truly get to experience being a part of something bigger than yourself each time you interact with the moms in your own PRG.

The RTA Training really helped prepare me emotionally and logistically to lead the best PRGs I can, and to create a richer experience for the mothers in the group. It gave me the confidence and experience to enthusiastically step in to my role as PRG Facilitator. The training also allowed me the opportunity to connect with other RTA-Trained PRG facilitators to share resources and questions. Being able to tap in to expertise and support from around the country has been incredibly powerful.

Rachel, freelance web designer/developer (<http://www.notsosuburban.com>)

“PRG has brought me a special kind of peace and joy and a renewed sense of my own inner wisdom. The program is a catalyst for daily insight and growth, and has allowed me to rediscover my true self by giving myself ‘back to me.’ Being a PRG facilitator allows me to share this wonderful work with other mothers who are looking to bring more balance, serenity and self-love into their lives. I love being part of the ever-widening circle of women who are changing their worlds from the inside out. No question the journey has made me a better wife, mother, daughter and friend.”

Laura, leadership & development consultant

“The PRG Facilitator Training was definitely worth the investment! I got way more than my money’s worth (plus the fee for the training is tax-deductible as a self-employment business expense). I cannot imagine being more equipped and prepared for facilitating Personal Renewal Groups. The training was very well conceived and carried out and proved to be both life affirming and changing for me on a personal, professional and spiritual level. As a stay-at-home mom for the past six years, becoming self-employed as a RTA-Trained PRG Facilitator is a rewarding and prosperous new venture for me. Helping other mothers honor and remember who they are and discover self-renewal from the inside out is so fulfilling for me. I also enjoy all the incredible benefits of being a part of this special group of fellow facilitator moms. The friendships, networking and sharing of ideas and information with each other is absolutely priceless. I enthusiastically and highly recommend participating in the online or in-person training to receive your own enriching designation as a RTA-Trained PRG Facilitator!”

Rhonda, special needs advocate

“Being a Personal Renewal Group Facilitator feeds me on SO MANY levels: emotionally, spiritually, financially and intellectually. The experience has helped me become kinder and gentler to myself and in turn, has made me a more compassionate, insightful and accessible coach to my clients. There is no doubt, that leading groups has had a significant impact on my business and my ability to attract my ideal clients. A nominal investment has come back to me ten-fold. I am very grateful for the opportunity to be a part of the PRG Facilitators community. It has changed who I am in the world, forever.”

Julie, career and life coach