

FOR IMMEDIATE RELEASE:

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**Your Money & your Life - - Free workshop on personal and financial balance open to the public**

Cary, IL March 7, 2007 – Is it really possible for busy parents to balance the demands of work, children, and home? Do you feel confident you can secure an excellent values-based education for your children and a comfortable retirement for yourself?

Join workshop leaders Victoria Cook, Executive & Personal Certified Coach, and Jennifer Dallas of Morgan Stanley for a free interactive workshop helping you answer these and other questions related to your money and life balance. The workshop will be held Tuesday, March 20, 2007 from 6:30 – 8:00 PM, at Fox River Country Day School, in Elgin.

“Creating balance is imperative to the well-being of busy parents and their family,” says Ms. Cook. “At this workshop we will explore how to maintain harmony and energy in the midst of active, productive lives.” Jennifer Dallas will guide participants through ways to prioritize and manage financial goals. “I find that many parents want to be confident that they are providing the best possible education for their children, but not at the risk of wise investments for their own future,” comments Ms. Dallas.

Fox River Country Day School ([www.frcds.org](http://www.frcds.org)) is located on Route 25 at the intersection with I-90. Pre-registration is strongly recommended. Call 847-888-7910 or [jswitzer@frcds.org](mailto:jswitzer@frcds.org) to register for the workshop and for childcare.

Victoria Cook is a professionally trained and certified Executive and Personal Coach, and Founder of **The Guilt-Free Coach**. She helps ambitious working parents live **Guilt-Free** using her 4-step process for reclaiming time and energy and accomplishing what really matters. After working with Victoria, clients feel they have greater balance in their life, excel in their business and, **most importantly**, have more time for themselves and their families. Frequently quoted in newspapers and other publications, Victoria herself is an ambitious working parent of two and has been joyfully married to her husband, Brian, for 12 years. For additional details about The Guilt-Free Coach, contact Victoria Cook at 847-875-7888 or go to [www.TheGuiltFreeCoach.com](http://www.TheGuiltFreeCoach.com).

**Jennifer Dallas, CFP®** is a Financial Advisor and Retirement Planning Specialist with **Morgan Stanley** in Barrington, IL. Through education and objective advice, she helps families and individuals simplify their financial lives and work toward obtaining their financial goals with confidence.

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