

FOR IMMEDIATE RELEASE:

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PRE MOTHER'S DAY EVENT HELPS WORKING MOMS CLAIM THE .I. IN THEIR TIME - - GUILT-FREE

Cary, IL May 1, 2007 – In honor of Mother's Day and the upcoming 1 year anniversary of Bright Horizons at Park Center, Cary Coach Victoria Cook will be sharing a simple approach busy working Moms (and Dads) can use for claiming more time for themselves - - Guilt-Free. If you're scarcely surviving the day and tired of trying to be Wonder Woman and still not able to get done what's important, this FREE workshop is for you. Sponsored by Bright Horizons at Park Center, and open to the community, this interactive workshop will take place on Thursday, May 10, 2007 from 4:30 – 6:00 PM at One Corporate Drive, Suite 180 in Lake Zurich. Participants of this seminar will learn how to slow down their hectic schedule and get done what really matters by learning to:

- Combat the real time stealers
- Develop guilt-free time management strategies
- Implement plans to increase their energy
- Put into practice easy, cheap (or free) ways to pamper themselves

"As women, we wear so many different hats and often care for others at the expense of ourselves," states Cook. "In honor of the upcoming Mother's Day holiday, I'm excited to share information that has worked for my clients and me with fellow working Moms." Pre-registration is strongly encouraged. Contact Claire Langell at 847-726-3410 to reserve your spot!

Ms. Cook is a graduate of The Coaches Training Institute, an Associate Certified Coach through the International Coach Federation, and Founder of **The Guilt-Free Coach**. She helps ambitious working Moms live **Guilt-Free** using her 4-step process for reclaiming time and energy to accomplish 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 Mom 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 847-516-0190 or go to www.TheGuiltFreeCoach.com.

The Bright Horizons at Park Center will be celebrating their 1st anniversary of providing children in the area with high-quality early education opportunities. The center is managed by Bright Horizons Family Solutions, the world's leading provider of employer-sponsored child care, early education, and work/life solutions.

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