

For Immediate Release:

**Robin Hardy Presents**  
**"Empowering You Radio: An Empowered Journey"**

On Monday, January 19, 2009 Media Personality, Business Consultant & Motivational Expert Robin Hardy interviewed with Dr. Jonathan Ellerby, Program Director for Canyon Ranch Health Resorts, Spiritual Teacher, Worldwide Traveler, and Author, on Empowering You Radio Show, which can be found at [http://www.robinhardy.net/Empowering\\_You\\_Radio.php](http://www.robinhardy.net/Empowering_You_Radio.php) .

What a great way to start off 2009 than with steps to a worry free life! Jonathan shares today 5 fantastic yet simple steps to empower you to eliminate the worry in your life. Jonathan shares the connection and definition of "spiritual", honoring true self! This is a powerful message during the time of uncertainty in our world today; however we need to not focus on those things we can not change. Are you ready to let go of things that do not work? Are you ready to live a life of peace & joy? Then let's rock with Jonathan. Jonathan has a new book just released, Return to the Sacred, for more details on the book or Jonathan visit his website at [www.ReturnToTheSacred.com](http://www.ReturnToTheSacred.com). If you have any requests or questions regarding this show or upcoming email Robin at [Robin@RobinHardy.net](mailto:Robin@RobinHardy.net)

**About Empowering You Radio: An Empowered Journey:** The Purpose of Empowering You Radio: An Empowered Journey is to empower you and your life. While your definition of journey may be different we consider the journey to be your life, your business or your faith. By bringing guests on each of our shows that bring a message of hope, encouragement and direction, the listener walks away refreshed and empowered in their journey. These guests are experts in the arena of empowering Men, Women, and Children, those wanting to make career changes, those that are ready to take it to the next level in their life. Topics and areas that will be covered are self image, starting a business, attitude, opportunities, financial, and general life situations. So the question here is, Are you ready to be empowered and change your life? If so, then tune in every week so that you can start this life changing experience!

**About Robin Hardy** is well known for her expertise in guiding men & women into creating tangible actionable results through Media Training, PR Consulting, Creative Development, Marketing and Business Plans. Through the application of her 6 Empowered Keys Program Robin ensures that her clients create a solid sense of direction leading to greater profitability. Her methods empower people to stretch beyond their limitations, re-invent through a solid sense of self-esteem and deepen their levels of confidence for unstoppable success. Robin speaks nationally, teaches on college campuses and coaches individuals, small business owners and entrepreneurs. As Development Director & Feminine Leader for The Amazing Woman's Day Movement she contributes her insights to empowering women entrepreneurs and business owners. Whether it be as an Empowered Options Coach, An Inspirational Speaker, An Author or host of Empowering you Radio, there's one thing for certain; Robin is dedicated to helping others achieve their wildest dreams.

Visit her website at [www.RobinHardy.net](http://www.RobinHardy.net) for more information on coaching & speaking and to sign up to receive her monthly E-Zine full of great information to empower you.

