

For Immediate Release:

Robin Hardy Presents
Empowering You Radio: An Empowered Journey
"Getting Your Groove Back-A Guide to Luscious Living."

On Wednesday, December 17, 2008 Media Personality & Empowered Options Coach Robin Hardy interviewed with Coach, Author and Yogi Shann Vander Leek founder of True Balance Life Coaching.

Shann shared how bringing your body to a place of stillness and concentrating on your breathing can restore balance to your life. Shann also shares 10 amazingly simple ways you can create true balance starting NOW. You can reach Shann at 231-668-1111 9-5 EST or visit her website at www.TrueBalanceLifeCoaching.com for any questions on this show or suggestions for upcoming shows email Robin at 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 for more information on coaching & speaking and to sign up to receive her monthly E-Zine full of great information to empower you.