

# Women First aims to Restore Balanced Life

By Clytie Bunyan - Sunday Oklahoman, June 11, 2006 Edition: CITY, Section: BUSINESS

Donna Lawrence knows all about stress and lack of balance in one's life. She's convinced the combination proved life-threatening a few years ago, forcing her to take a good look at her lifestyle.

She always has been involved actively in community affairs and for more than 20 years worked in leadership positions in marketing, management, financial services and in the nonprofit sector.

So Lawrence also knows about adrenaline addiction. But her passion for life spills over in conversations even with strangers. You have to understand why. This is a woman who two months before her wedding two years ago - and in the middle of a major fund-raising campaign as executive director of Calm Waters - was diagnosed as having breast cancer.

"We get so busy trying to take care of everyone and being on top of our game that we neglect taking care of ourselves," she said.

Now Lawrence is using her skills as a motivator and communicator to help women learn to do a better job of coping with the challenges in their personal and professional lives.

Lawrence, a certified professional coach, has created what could be described as a professional woman's personal board of directors, providing support and guidance - woman to woman.

Women First allows women to share concerns about issues they face in business or the professional and corporate arenas in a confidential setting. The monthly, three-hour meetings are aimed at allowing participants to draw on each other's experiences, to help them resolve issues they may be encountering in the workplace or the boardroom.

Most professional women work in an environment with more men than women at their level, Lawrence said, so women need other women who could relate to their workplace challenges.

"You'll have eight to 10 bright women from various professions as your personal consultants," she said. And when they've covered how to handle workplace issues, Lawrence helps them tackle complete personal success, implementing behaviors to balance work and life in general. In other words, they work on dealing with everyday stress - "knowing when you're running on empty and when you need fuel," she said.

Of course, this peer network has a fee - \$1,200 for a six-month commitment, plus \$100 for registration, which includes a behavioral assessment.

But for the time and money spent being part of Women First, Lawrence promises peer support, confidential business advice, learning skills for total life success and lasting friendship.

“The Women First groups can be a life-changing experience that will empower women to new levels of success while coaching them to live with more balance, time and joy,” she said.

For more information, call 476-3455 or send an e-mail to [donna@successredesigned.com](mailto:donna@successredesigned.com).

Business Editor Clytie Bunyan can be reached at 475-3284 and [cbunyan@oklahoman.com](mailto:cbunyan@oklahoman.com).

## SUCCESSREDESIGNED

***Coaching for Personal and Professional Success!***

---

12316-A North May, Oklahoma City, OK 73120 -- Email: [coachdonna@successredesigned.com](mailto:coachdonna@successredesigned.com)

Copyright © 2005, Donna Lawrence, Success Redesigned, Inc.