



Empowering Women, Transforming Lives
Thursday at 10 AM Pacific
September 2nd 2021: Tools for Staying in Balance

Sometimes achieving balance seems like an elusive goal, doesn't it? Today's guests are two moms who know that tension well. Join us as Rebecca talks with Jenn Taylor and Julia Harriet as they discuss the challenge of balancing the demands of life, parenting, and launching their own endeavors. They also talk about how they maintain that balance when trauma or challenge adds an extra layer of difficulty to it. As always, you can find our host, Rebecca Hall Gruyter at the www.RHGTVnetwork.com or at www.yourpurposedrivenpractice.com. Our guests can also be found online: Julia at <http://juliaharrie>

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Featured Guests



Jenn Taylor

Jenn is a mom Of 18, host of At a Crossroads with the Naked Podcaster, a transformational coach for Christian women, and a motivational speaker. She is an NLP Practitioner and has 15+ years in the foster care sector as both a parent and a trainer. She's written the blog - Mom's Running It - for almost 10 years, and is a published author of a self-help memoir "Hello, My Name Is... Warrior Princess". She teaches Crossroads Coaching - designed for Christian women who feel at a loss about their purpose and direction in life, are struggling with the balance between work, relationships, purpose, and God-given gifts, or feel that - although they chose their life - they didn't think it would be quit

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Julia Harriet

Julia Harriet is a dreamer and a silly heart. She is also a bestselling author, an inspirational speaker, and a builder of homes and dreams. As the mother of two incredible children, she loves to play, learn and love. After spending a decade teaching everything from preschool to high school art, she followed her heart that hoped to one day build her own home and began a carpentry apprenticeship. Julia's been working in construction ever since and published her memoir, Under Construction: Healing Trauma While Building My Dream, in 2021, which rose to become an international bestseller. Lets build our dreams together at www.juliaharriet.com.

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