

Dr. Lori Kay PhD of Awakening the Successful Woman Association™ to be Featured on CUTV News Radio

TORONTO, ONTARIO, CANADA, May 25, 2016 /EINPresswire.com/ -- In today's fast-pace culture, it's no wonder many women struggle with "Superwoman Syndrome." Superwomen are women who strive to achieve everything they believe is expected of them, often at the expense of themselves.

But a woman's success should be directly proportional to how happy she is. It's not about checking boxes—marriage, family, career—it's about loving your life. To overcome our stress and exhaustion and live the life we want to live, we must reconnect with our lives in a meaningful way.

Dr. Lori Kay PhD is the CEO of Awakening the Successful Woman Association™, a coaching practice dedicated to helping you unlock the best version of you.

"Every woman I've worked with at some point has been last on her own list," says Dr. Kay.

Dr. Kay specializes in women who believe they're superwomen, but soon

discover they can no longer manage the overwhelming stress associated with their lifestyle.

"A woman once walked into my office crying," recalls Dr. Kay. "She said she had just gotten a raise. She was making \$200,000 per year. She had a husband. She had kids. She had a gorgeous home. But she had no life. She couldn't remember the last time she went out with friends and enjoyed herself. Sadly, it's a common story."

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And Dr. Kay knows firsthand what it's like to feel overwhelmed and burnt out. A special education counselor with a PhD in psychology, Dr. Kay was promoted at a young age to a



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Unlock the Best Version of YOU!

position that was really a two-person job. She gladly accepted the position. Soon she was working countless hours to keep up with her responsibilities. When her exhaustion finally caught up with her, she asked for a break but there would be no break.

“I was pretty much burnt out,” recalls Dr. Kay. “I’d fallen into that Superwoman Syndrome where I thought I could do it all. I just couldn’t continue doing what I was doing the way I was doing it. I wasn’t being a good mom. I wasn’t being a good coach. How could I tell people to improve their life if I didn’t improve mine first? So I started with me, fixing me first. I shut my practice down and got myself back together. I started attracting women going through the same thing.”

In response, Dr. Kay developed her revolutionary SHINE program. SHINE provides clients with a realistic plan to create a balanced lifestyle. It’s about integrating your life and the program’s curriculum can be found in its name. SHINE stands for Self, Health, Intuition, Nourishment and Emotional Balance

“The SHINE program helps them reprioritize everything in a way that they learn to take care of themselves,” says Dr. Kay. “My goal is to reach 100,000 women and truly change their lives.”

CUTV News Radio will feature Dr. Lori Kay in an interview with Doug Llewelyn on May 27th at 10am EDT and with Jim Masters on June 3rd at 10am EDT

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Awakening the Successful Woman Association™, visit <http://www.successfulwomanassociation.com>

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