

## Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 10, Issue #9, November/December 2010, *Nourishing Gift*

Of the two recent holidays, Thanksgiving and Christmas, that my family celebrates, Thanksgiving is by far my favorite. I love the focus on gratitude, the gathering together of family, and of course, the scrumptious variety of food. It really brings me joy to plan, prepare, and feast on delicious food. This year, I was happy to find a way to bring that love of cooking into the Christmas holiday in a new way.

With our 18-year-old son in his first year of college now cooking for his girlfriend and our 15-year old son heading to South America next year with the Rotary Exchange program, I decided to give them a collection of our family's favorite recipes. Sam had already called me to ask for recipes and I'm sure the families who host Alex will be curious about what he typically eats at home. A family cookbook seemed like a gift that they'd appreciate and could use for years to come.

In the week before Christmas, I turned my office into Santa's workshop. In between work, work-outs, and holiday preparations, I'd rifle through my recipes, select those to include, and sneak them up to my computer to add to the growing collection. What started out as a small project turned into a document of over forty pages with over seventy recipes!

In the middle of all of this work, it dawned on me that my cookbook could benefit others in addition to my sons. I figured if I created an e-cookbook and uploaded it to my website, I could share it with many others. So my gift to you this holiday season is this sampling (believe me, I have many more!) of Family Favorite Recipes. Follow this link <http://www.balancewithgrace.com/Recipes.PDF> or go to the Resources page of my [www.balancewithgrace.com](http://www.balancewithgrace.com) website and select Family Favorite Recipes to download your copy.

Not long ago as a few women and I left our health club, we were commiserating over having no idea what to make for dinner. I explained my theory that if we all shared a few of our family's favorite recipes, we'd have plenty of ideas to draw from. I'm hoping that this cookbook of my tried-and-true recipes will help alleviate your meal planning stress and please your taste buds. If you've got a favorite recipe that we could add to our collections, please share by going to the Discussion tab of my Balance with Grace Facebook page.

Here's to a nourishing New Year!

---

## Upcoming Programs and Events

### Mentor Coaching Group -

Are you a coach who would you like to start 2011 off with:

- more coaching clients

- a marketing plan customized to your stage of business development
- a structure to create and sustain forward momentum
- the accountability and synergy of working with a group
- the support of an experienced mentor coach?

We currently have five open spots in our mentor coaching group and would love to have you join us if this feels like a fit. We'll be kicking off the year working the Get Clients Now!™ program. During the six weeks of the program you will learn:

- What really works to market a coaching business, and what doesn't
- Over 100 different tools & tactics for marketing your business
- How to diagnose your marketing ailments with the Universal Marketing Cycle
- The missing ingredients that have prevented your marketing from being successful
- How to break out of "analysis paralysis" and make the right choices about spending time & money on marketing
- How doing ten simple things per day can bring you all the coaching clients you'll ever need

Our schedule for the first quarter of 2011:

The Get Clients Now!™ program consists of two 90-minute teleclasses followed by four 1-hour group coaching calls on:

Thursday, January 13th 11:30 a.m.-1:00 p.m. Eastern

Thursday January 20th 11:30 a.m.-1:00 p.m. Eastern

Thursdays January 27-February 17th 12-1 p.m. Eastern

Mentor group coaching sessions begin in March with the following dates:

March 3rd 12-1 p.m. Eastern

March 10th 12-1 p.m. Eastern

March 24th 12-1 p.m. Eastern

Cost and commitment: \$200 a month for a minimum of three months with a with a one-time \$25 materials fee for Success with Grace: Grow a Profitable and Fulfilling Coaching Business, a 97-page practice-building workbook

The group is limited to 8 participants. Contact me soon to reserve your spot.

**Reiki I:**

Friday, February 18

9 a.m.-5 p.m.

Children's Chapel of the North Parish

190 Academy Road

North Andover, MA

or

Saturday, March 18 North Andover, MA - Location TBA

Fee- \$160 Includes training manual, certificate, and healthy snacks

**Reiki II:**

Saturday, January 15, North Andover, MA

or

February 19

9 a.m.-5 p.m.

Children's Chapel of the North Parish

190 Academy Road

North Andover, MA

Fee- \$250 Includes training manual, certificate, and healthy snacks

**Coaching with Reiki I Training** (via teleconference call):

Monday Feb. 7th and Monday, Feb. 21st 12-1:15 p.m. Eastern - \$90

**Coaching with Reiki II Training** (via teleconference call) - \$75

One Monday, March 15th 12-1:15 p.m. Eastern

Note: Coaching with Reiki I Training is a pre-requisite for this class.

To learn more visit [www.coachingwithreiki.com](http://www.coachingwithreiki.com)

~~~~~  
I welcome new subscribers! Please forward this newsletter to others who may be interested in my newsletter, coaching services, or programs. If you wish to subscribe/unsubscribe to this free monthly newsletter, please do so on the Newsletter page of my website [www.balancewithgrace.com](http://www.balancewithgrace.com).  
~~~~~