

Most of us would do anything to help our child succeed. From enrolling our children in the best schools, to staying in close contact with their teachers and hiring private tutors when the need arises, no amount of time or money is too great to make sure our children have every advantage. No questions asked.

However, when it comes to us, we ration the time we give ourselves for personal development and pursuing our passions. We feel guilty if the cost is too great. Why spend the money when it could be used for other purposes? We feel torn if there is time involved. Aren't we supposed to be there for our family at all times? Isn't mothering all about sacrificing for the good of the family, especially our children?

Meeting the needs of others is healthy, to a point. But when service turns into obligation, dread, guilt, and even frustration and anger, the line from healthy service to unhealthy sacrifice has been crossed. Underneath these feelings lies a belief that we are not worthy. Not worthy to take the time or spend the money on our own personal development and to pursue our passions. Have you ever felt that way?

Maybe it is time to hire a personal tutor ... for you! Personal tutoring can come in many forms for adults, from continuing education classes, to home study courses, to hiring a life coach or counselor. All are viable options for different needs and situations. Let's look a little further into each.

**1) CONTINUING EDUCATION CLASSES.** With what hobbies were you engaged before you had children? What professional interests did you pursue? Make a list of these and then start looking for ways to learn more. Collier County has an adult education program that offers courses in business, art, photography, dance, health, fitness and languages. Most are \$69 for six weeks. By enrolling in a course you are also likely to meet other adults with similar interests. This can be a great way to re-emerge into the adult world. For full course listings go to [www.collieradulthood.com](http://www.collieradulthood.com).

**2) HOME STUDY COURSES.** Maybe your spouse travels extensively or you are a single parent and taking a course



## MOM, ARE YOU IN NEED OF TUTORING?

is not an option for you. You might want to consider a home study course. Upon googling 'home study courses' 23 million results came up. Better yet, enroll in the school on wheels (your car). My children go to school in Naples, but I live in Estero, therefore I have plenty of 'car-time' to listen to audio courses, and I have taken full advantage. Whether you enjoy fictional books, or biographies, or self-help materials, you can find everything at the library in the audio section. No more excuses of time and money, this is a free option that you can utilize every time you drive. Who knows, your kids might learn something too.

**3) HIRING A LIFE COACH OR COUNSELOR.** If you have patterns that have been repeating in your life and you haven't been able to resolve them, if you feel like you have lost yourself, or if you need to take concrete steps to change your life, but you don't know where to start, either of these options might be good for you. Years ago I sought out counseling (before I became a life coach) because I was unhappy and unsatisfied at a time when I felt I 'should' be happy. I found that I had

not truly resolved feelings that lingered from my dad's passing in 1999. Once that was faced, and I learned how to take better care of myself, my life significantly changed. I don't know that I could have done that alone through either of the two previous options. Most life coaches and counselors offer one-hour sessions in their office or by phone. The difference between the two is that counselors help resolve past emotional trauma and life coaches work with you based on where you are now and help you take action to move forward.

Whether you enroll in continuing education courses, study from the comfort of your home (or car) or work one-on-one with a professional, the benefits will be long lasting. You will find a new zest for life and your children will see, by your example, that learning truly is a life-long process.

*APRIL O'LEARY is a Certified Life Coach in Bonita Springs. She helps working and at-home mothers balance the demands of a busy life, focusing on self-care. Visit [apriloleary.com](http://apriloleary.com) where you can sign up to get a free audio seminar and action plan, or be a part of her free Tuesday Tele-Seminars.*