

HELPING MOMS RISE  
ABOVE THE STORM  
SINCE 2003

# SPIRIT-LED SUPERMOMS



## RUTH ELLIOTT'S SURVIVAL SECRETS FOR TOUGH TIMES...



Becoming a mom ushers you into a club, giving a depth of experience and fellowship all moms share.

Ruthie calls it, *'The Brotherhood of Motherhood'*. You're never the same again - and better for it.

While raising 7 children through a difficult marriage, she became an Emmy Award Winning animation artist. But through it all, her real dream was to influence children everywhere to become better people. In 2003 she began [GoMommyGO®](#) to share tools for positive reinforcement.

In 2007 she founded [EDU DESIGNS](#), a non-profit that creates media for children's character development.

Ever since then, Ruthie has been reaching families with tools that embody love in action. You can tap into it, too.

As a personal coach, Ruthie helps women get in touch with the things they have the hardest time saying. Visit [Spirit-Led-Supermoms.com](#) to schedule a breakthrough session.

### RUTHIE'S MOST POPULAR TOPICS:

- 🌐 **CREATING A BASELINE OF SECURITY** - Stop stress where it starts, by uncovering your thoughts, habits and feelings.
- 🌐 **FINDING YOUR CENTER OF JOY** - Reach *YOUR* inner child and you can reach *ANY* child.
- 🌐 **AIMING FOR SUCCESS** - Create a Family Constitution to help your kids set goals and take charge of their own lives.

### WORDS OF PRAISE

*"Ruth Elliott-Hilsdon is a unique and genuinely heart-centered person. I have watched her raise her 7 children into socially aware and contributing adults. ...She continues to 'walk her talk' by selflessly sharing her knowledge, experience and expertise...that enriches and balances children's lives - and ours as well."*

~ Gary Schindler - Book Publisher

*"As a coach to parents of tweens and teens, one of my key messages is calm parenting...Ruth gives excellent FOUNDATIONAL keys to helping parents become more responsive rather than reactive. So practical. So true."* ~ Deaunna Evans - Parenting Coach

### AS FEATURED ON:



### BOOK RUTH NOW!

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