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### **3 Ways Successful Women Can “Return to Clarity” Life Coach Ann Daly Leads Mini-Retreat in Texas Hill Country**

AUSTIN, TX—What do successful women want? “They want to feel as clear and confident as they did in their early careers,” says life coach Ann Daly, PhD.

“Success brings pressures and demands that can distract women from their personal ambitions,” Dr. Daly explains. “And some women get to a point in life when their ambitions change. Successful women feel their dissatisfaction quite acutely. They yearn to get back to a place of clarity and authenticity.”

To help successful women reconnect with what matters most, the Austin-based life coach will lead her “Return to Clarity” mini-retreat on May 2, 2009, in Wimberley, Texas.

What can successful women do to “return to clarity”? Dr. Daly suggests these three strategies:

1. *Ask yourself: Who is holding my mirror?*  
In our culture, men are raised to act, while women are raised to appear. Women are constantly monitoring how they are being seen—checking the mirror, so to speak. When they internalize the “gaze” of others, they stray from their own self-image. They lose clarity and authentic confidence. *Make sure that you are holding your own mirror.*
2. *Write a NOT to-do list*  
The springtime reminds us: Just as plants require a good pruning in order to remain lush and strong, so do women need to regularly cut back. They need to resist the invidious myth of “Superwoman.” *Take an inventory of your current commitments and cut them in half.*
3. *Create a mantra*  
Life is so fast and demanding that it’s a challenge to remain clear-headed as you go through the day. A mantra is a gentle reminder to step away from your worst habit. *Devise a brief, neutral statement you can use to bring yourself back to center.*

Dr. Daly is hosting “Return to Clarity” at her own personal getaway in Wimberley, in the heart of Texas Hill Country. The retreat will be held 1 to 5pm on May 2, 2009. Registration fee is \$149. For more details: <http://www.anndaly.com/workshops>

**Ann Daly, PhD**, is a life coach, keynote speaker, and author based in Austin, Texas. Formerly a women’s studies professor at The University of Texas at Austin, she is an expert on the changing lives of professional women. Dr. Daly is the “Transitions” coaching columnist for *Your Austin* magazine and the host of BookWisdom, a salon that encourages books as a resource to inspire and improve women’s lives. She is the author of *Clarity: How to Accomplish What Matters Most* and *A Year of Clarity: the Monthly Guide for Women*. Dr. Daly has been featured on Oprah & Friends’ “Peter Walsh Show” and in the *Austin-American Statesman*. For more details, visit: <http://www.anndaly.com>.

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