

## SHAKOPEE BUSINESS INTENDS TO BRING SERENITY TO SHELTERS

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SHAKOPEE, MN – A SW suburban company, Intentional Serenity, works with Twin Cities' shelters to give power and hope back to the women and children staying there.

Intentional Serenity, a business focused on helping others realize the abundant possibilities that lie within them, is taking their powerful message to the women and children of local shelters.

“Through the use of an ‘intention list,’ we give the women the permission to step out of their circumstance for a moment,” says Intentional Serenity founder, Teena Dietz. “Many times,” Dietz says, “the women discover long-forgotten passions or dreams they didn’t dare dream before. Often, they simply see a light of hope of things bigger and better to come. We feel blessed to give them that moment.”

The Hastings Women’s Shelter, The Lewis House and Metro Hope’s Healing House have had visits from Intentional Serenity. The team intends to add other shelters in the future.

Intentional Serenity was founded by Teena Dietz after realizing the need to bring her nursing and counseling experience, along with her unique message of intention, to all women and children. Using intention lists, they validate and expand their clients’ wishes to help them grow, change, challenge themselves and ultimately reach their goals. Whether it’s spiritual, physical, relational or vocational change that is desired, Intentional Serenity has helped hundreds of women live with intention.

Now, through motivational speaking and retreats she likes to call Project: Possibilities, Teena and her team bring their message of intention and serenity to the masses.

### *About Intentional Serenity*

Intentional Serenity gives counsel to clients and offers products to reinforce their intentions, including inspiring t-shirts, mousepads, hats, journals and even a line of teas, such as Possibili-Tea, Spirituali-Tea and Humani-Tea. Products are offered through Project: Possibilities sessions and on the website at [www.iamserene.com](http://www.iamserene.com). For more information about Intentional Serenity sessions, service opportunities or to order products, call 952.223.4896 or visit [www.iamserene.com](http://www.iamserene.com).