

WFWP HerStory Podcast Episode 16: Healing, Connection, and Family Legacy

Katarina Connery
January 15, 2026



"We shouldn't wait to heal relationships. Life is precious, and we need to do what we can with the time we've been given."

In this episode of the HerStory Podcast, Myrna Lapres shares her inspiring journey as an educator, coach, and advocate for generational healing and family connection. Guided by her faith and personal experiences, Myrna has dedicated her life to helping parents and families strengthen communication, foster forgiveness, and cultivate meaningful relationships across generations.

Myrna reflects on the importance of recognizing one's own value and worth as a foundation for collaboration, empathy, and effective leadership within families and communities. She shares her insights on soft power, creating safe spaces for

honest dialogue, and using intentional conversations to resolve conflict and nurture connection. Through personal stories, including her work with adult children and coaching couples, she emphasizes the power of patience, consistency, and presence in fostering change.

Myrna also discusses her book, *7 Gifts to Give Your Child*, which grew from her years of teaching and blogging, offering parents practical guidance for raising children with love, respect, and intentionality. She highlights the importance of embracing life fully, pursuing adventures, and addressing challenges head-on, including her own experience with uterine cancer and her commitment to not wait in living a purposeful life.



Throughout this conversation, Myrna Lapres reminds us that healing relationships, fostering connection, and leading with compassion are essential for creating peace within families and communities. Her story demonstrates how faith, self-awareness, and intentional action can leave a lasting legacy of love, understanding, and meaningful impact.

Resources:

Book: *7 Gifts to Give Your Child* on Amazon

Website: coachmyrna.org