



Mothers in Balance Program©

Mothers – 3 Months, one goal

Do you dream of re-connecting to yourself through a hopeful, exciting, possibilities-based adventure? Then join us for the Mothers in Balance Program where you will:

Make a breakthrough and finally manage your **guilt** and **stress** levels to enjoy more **balance** between work and family.

Problem: As a mother, you're struggling to juggle kids, career, marriage, and personal time and it feels like something always has to give. Running from commitment to commitment and lack of sleep is taking a toll on your personal time, health and well-being. You feel guilty when you leave your kids to go to work and guilty when you leave work early to pick-up your kids. You're left feeling stressed and exhausted.

The Affordable Solution: Take a group of motivated mothers, bring them together, provide them with all the knowledge, support, accountability, inspiration and personal attention required to help them create balance in their lives.

You Will Benefit From:

- Specific tools to deepen your fulfillment on a daily basis
- Structures, practices and accountability to support you in staying fulfilled
- Deep insight into yourself and your life
- A vision for your future
- Rich learning around your values and priorities
- Ongoing support from a community of like-minded women
- Fresh ideas
- Practical tools to manage your guilt and stress
- A highly personalized action plan and structure to keep you on track

Two Group Calls Each Month: Professional Life Coach Amber Rosenberg will facilitate the group calls and support you as you go through your Weekly Action Planner (our course accountability process) to set priorities, plan actions, and reflect on key learning. During the group calls, you will share your accountability and learning with the rest of the group. We encourage you to attend all the calls but, if you miss one or two, they're always recorded and available online. You will also have access to the groups' emails for check-ins and questions, as you like, in-between calls.

One 1-1 Call Each Month: A 20-minute 1-1 coaching session with Amber each month to deepen your learning.

Follow-up 1-1 Call: A 30-minute 1-1 coaching session with Amber two weeks after completion of the program to maximize your ongoing growth and development.

For more information or to register:

- Amber Rosenberg, amber@pacificlifecoach.com, (415) 637-3855, www.workingmotherscoach.com

Investment: \$149/month

Limited to 12 participants total

Money Back Guarantee: Mothers considering this program should be prepared to make a mental commitment to stay with it for three months. However, if at any time in the first month of this program, you decide you are not getting sufficient value, you can obtain a 100% refund.

Referral Discounts: This program is largely marketed by word-of-mouth. If you recommend this program to a friend (and they sign up), you both get the discounted rate of \$117/month.

Dates: Ongoing – contact: amber@pacificlifecoach.com for upcoming program dates