



Working Mothers' Balance Workshop©

Take the first step to finally manage your guilt and stress levels so you can **enjoy time with family** and be more **productive at work**.

Problem: As a working 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 your kids. You're left feeling stressed and exhausted.

The Solution: Take a group of motivated working mothers, bring them together and provide them with the inspiration, support and structure to help them envision a balanced future, assess their values and priorities and create and commit to the first steps of an action plan.

In this *Free* One Hour Workshop, You Will Learn How To:

- Envision your future
- Assess your values and priorities
- Create and commit to the first steps of an action plan

To Set-Up a Workshop for Your Mothers' Group, Company or Organization: email amber@pacificlifecoach.com or call (415) 637-3855.

Amber Rosenberg is a professional life coach who helps working mothers manage their guilt and stress so they can enjoy better balance between work, kids, marriage and personal time. She is a contributor to the book 'Inspiration to Realization', a self-help book for women, a popular speaker, and a writer for *Know Yourself Magazine*. She also has 11 years marketing and PR experience for Fortune 500 companies and non-profit organizations. To sign-up for a COMPLIMENTARY half-hour phone consultation, order a signed copy of her book or sign-up for the Working Mothers' free monthly e-zine go to www.workingmotherscoach.com.