

The Honest Mum Guide To Surviving And Thriving At Work And At Home

Are you a working mom who is struggling to find balance between your professional and personal life? Do you often feel overwhelmed with the demands of work and home? If so, you're not alone.

In this Honest Mum Guide, we will explore practical tips and strategies to help you not just survive, but thrive at both work and home. From time management and self-care to efficient parenting and career advancement, we have got you covered.

Chapter 1: Finding Balance

One of the keys to successfully managing both work and home is finding a balance that works for you. In this chapter, we will discuss strategies to help you create boundaries, prioritize tasks, and make time for both your career and your family. We will also delve into the importance of self-care and how it can positively impact your overall well-being.



The Working Mom: The Honest Mum's Guide to Surviving and Thriving at Work and at Home

by Vicki Broadbent (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 1026 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 222 pages



Chapter 2: Efficient Parenting

Being a mom doesn't mean compromising your professional aspirations. In this chapter, we will explore ways to be an efficient parent while excelling at work. From establishing routines and effective communication with your children to involving them in household chores and teaching them independence, you can find harmony between your roles as a mom and a professional.

Chapter 3: Nurturing Your Career

Advancing your career while raising a family is possible. This chapter will provide insights into strategies for professional growth, negotiating flexible work arrangements, and maintaining a positive work-life integration. We will also discuss the importance of building a support network and seeking mentorship as you navigate your career journey.

Chapter 4: Overcoming Working Mom Guilt

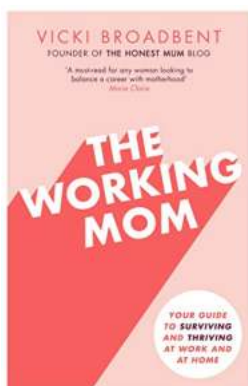
Working moms often experience guilt about not spending enough time with their children or falling short in their professional responsibilities. In this chapter, we will address ways to overcome these feelings of guilt and find peace in your choices. We will discuss the power of reframing negative thoughts and practicing self-compassion.

Chapter 5: The Power of Community

Connecting with other working moms can be empowering and reassuring. This chapter will emphasize the importance of building a strong community of like-minded individuals who understand the challenges of juggling work and family.

We will explore support groups, networking events, and online forums that can offer valuable support and advice.

Managing work and home is a continuous journey, but with the right mindset, strategies, and support, you can thrive in both areas. Remember, you are not alone, and it is important to prioritize self-care to maintain your well-being. Embrace the Honest Mum Guide, and get ready to conquer the challenges of being a working mom!



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Chosen by the Independent as one of the 10 best business books written by women

'Vicki is one inspirational mumboss, who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read!' Una Healy

'Ideal for going back to work without losing your mind . . . a no-nonsense guide to navigating the transition' Marie Claire

'If ever there is a person who has shown just how successful you can be online whilst also being an amazing parent it is Vicki. Read, learn and follow. A brilliant book from an inspirational mother'. Natasha Courtenay-Smith, author of The Million Dollar Blog

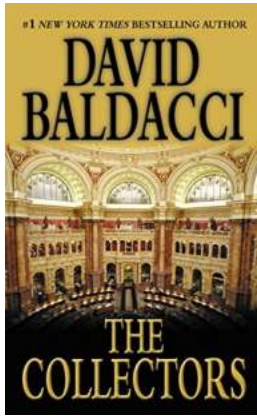
In *The Working Mom*, Vicki Psarias, founder of HonestMum.com, shares her manifesto for surviving and thriving at work and at home. Vicki writes about everything from juggling work and family, to regaining your confidence after having a baby and battling imposter syndrome.

An award-winning blogger and vlogger, in this book Vicki shares how to turn your passions into a business that suits the modern mum's lifestyle. *The Working Mom* is full of practical advice, tips and tricks to help fellow #mumbosses build their own business or return to work, while creating a personal brand and learning how to market yourself.

Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog Honest Mum is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 1 million.

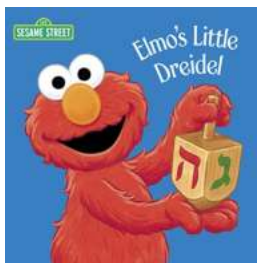
A *Lean In* for the blogging and vlogging generation, *The Working Mom* is an essential book for all parents, whether they are returning to work or looking to start a new career, as well as anyone looking to build their brand or business online.

'A must-read for the modern Mum; particularly one who has aspirations to build her own business. I wish I had been able to read it three years ago!' Katie Massie-Taylor, Co-Founder, Mush



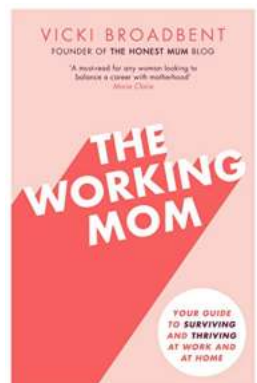
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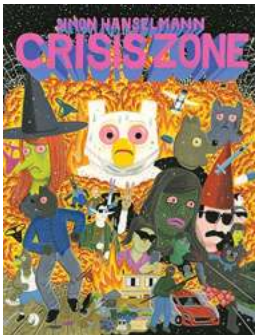
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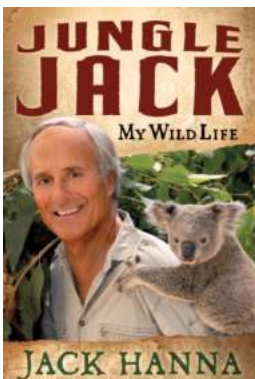
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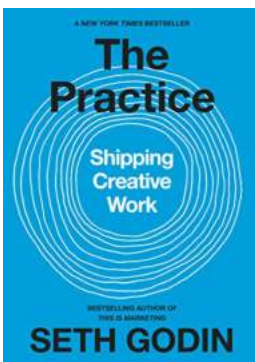
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