



Improve your career situation from the comfort of your own home



BalancedMum.Com

Are you a Mum who:

- Finds her old job doesn't fit with being a Mum?
- Is at a crossroad – returning from maternity leave, kids started school or just left your job?
- Wonders whether she should start a new career or her own business?
- Is not sure what she could do, or how to make the change?
- Struggles to find the time to think about such a big decision?

Would you like to:

- Concentrate on yourself for an evening or six?
- Spend some time getting to know some other Mums in your situation?
- Allow yourself the luxury of thinking about what *you* want out of a career?
- Receive some help to think through different options?
- Reach a decision about a new career direction (or maybe make your current one work better for you)?

BalancedMum.Com has small groups of 3–5 people, for a series of 6 x 1.5 hour career coaching sessions:

The next series is by phone so there is no need to find a baby-sitter!



Price per person for this series of 6 coaching sessions is **£99**

Sunday evenings,
19:00 – 20:30,
starting November 1st

Joanna said about the last group series:

“...The sessions provided me with the space and time to explore my work and life goals, in a supportive and structured environment. As a group we looked at our issues, skills and opportunities and, with support from Anna and some imaginative questioning, formed new ideas and approaches which I found helped me move my 'dreams' further towards reality... Since then I have taken several small but significant steps towards the next chapter, and understand where I want to go and what I'm capable of.”

Contact Anna Davis to discuss whether this is the right course for you, to sign up, or to talk to someone who has done the course before.

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Check out my website **www.BalancedMum.Com** for other services on offer.

Why not ***sign up for my newsletter*** to get inspiration and to keep in touch with events?

PS *You don't have to be a Mum!*