

ATTENTION WORKING MOTHERS: THE STRUGGLE IS REAL (but not required)

Being a mom is hard. Being a working mom is ridiculously hard. Based on research with thousands of mothers, this interactive workshop will share what no one else will say about the struggles working mothers face when trying to do it all.



THE MISSION

Help working mothers find a greater sense of internal relief by following three guiding principles:

PERFECTION REJECTION

How to be a high performer without being perfect.

BALANCE BE GONE

How to stop balancing and start living.

SAY IT OUT LOUD

How to get the support you deserve.

“The group took away tangible and actionable advice to apply to their own lives. BINGO! That’s what it’s all about, and The Mom Complex made it happen.

—Author; Bodacious Career

“My key takeaway was that our challenges as women are better addressed together, confronting the challenges, rather than each other.

—Vice President, Fortune 500 Company

WHO SHOULD ATTEND

Working mothers or mothers-to-be across all levels and departments who are looking to find calm in the chaos.