



The 3C Approach

by Ultimate Mom Coach *Deborah Porter*

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WHAT I DO

Deborah Porter, veteran Mom and Family Coach guides moms and working parents to create a Work-Life Balance that is unique to them and their families. She consults with organizations and businesses to provide support beyond maternity leave for their working parents and Parent ERG's.

WHO I AM

The Ultimate Mom Coach mentors and coaches moms across the globe about healthy boundaries, home organization, decluttering their inner lives, surviving the Supermom syndrome and more.

Deborah is a sought-after influential voice on parenting and motherhood. She is an expert media contributor on ABC, CBS and others. Deborah work can also be seen in Motherly, Parenting and Grown and Flown to name a few.

WHAT'S NEEDED NOW

- Working Parents are more stressed than ever, 28% chance that working mothers will experience burnout than working fathers (Parents at the Best Workplaces Study).
- Provide a Suite of Solutions, flexibility being one.
- Invest in Mental Health Support.
- Offer Parenting Support/Resources.

THE 3C APPROACH

GAINING CLARITY

- Identify the priority
- Identify core values
- Identify where help is needed,
- In the home and at work

BUILDING CONFIDENCE

- Creating win/win dynamics at home and in the workplace
- Build a village of support
- Rebound from parental mistakes
- Avoid comparisons

MANIFEST COURAGE

- Say no without guilt or shame
- Pinpoint the need and how to meet it
- Create an atmosphere of cooperation and respect in the home
- Parent to your strengths

WANT MORE?

Click here for a FREE 30 min strategy call with Deborah and to find new ways to create a life that you love.



Deborah Porter

The Ultimate Mom Coach