

Program Overview

The Mom in Control



For the mom who felt seen by my story—this is the path out of the chaos.

You know what it's like to eat your meals standing up, to answer endless demands, and to feel like your mental health comes last. You're constantly pouring from an empty cup, and you know there has to be a better way.

A Note on Transformation This program is the result of my own journey, and putting it all together brought me to tears of joy. I felt an overwhelming sense of happiness and a profound clarity about my purpose. That's exactly the feeling I want for you. My mission is to help you move from a place of overwhelm and guilt to a feeling of incredible purpose, clarity, and peace.

The Mom in Control is the blueprint for women who are ready to stop just managing the chaos and start leading their lives with confidence. It's the fast-track to peace, purpose, and reclaiming your power. This is your first step.

What's Inside Your 6-Week Journey?

This is not another to-do list. This is a transformation. You'll gain practical leadership skills that you can use at home, at work, and in every relationship.

- **Week 1: Laying the Foundation - The Leader Within**
 - Learn to understand that leadership starts with leading yourself. We will identify your energy drains and clutter so you can see where to start reclaiming your time and space.
- **Week 2: Strategic Scheduling - Leading Your Day**
 - Practice proactive leadership by mastering your schedule and prioritizing what truly matters, so you can balance school, family, and yourself.
- **Week 3: Stress to Strategy - Leading Your Mind**
 - Cultivate mental resilience and emotional intelligence to lead with a calm and clear mind. You'll get simple, dynamic tools to manage stress in the moment.
- **Week 4: Family as Your Team - Leading Your Tribe**
 - Become a compassionate leader by learning to communicate effectively and build a cooperative team at home, avoiding and resolving conflict with grace.
- **Week 5: Boundary Setting & Sustainable Well-being - Leading Your Life**
 - Protect your energy and time by setting firm boundaries with grace and confidence. You'll learn to recognize energy vampires and get the seven types of rest you need.
- **Week 6: Forward Momentum - Leading Your Future**
 - Consolidate your learnings to create a sustainable leadership blueprint. You'll create a personalized plan for navigating future life transitions, feeling fully in control.

This is your invitation to finally put yourself on the priority list.

Ready to say goodbye to the overwhelm?



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