



The 3C Approach

by Mom Coach *Deborah Porter*

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WHAT I DO

I am a Mom Coach and Mentor. I support moms who are feeling lost in motherhood, overwhelmed and want strategies and systems for their homes and their lives. The women we were before having kids still matters. I'd love to help you connect with her again.

WHO I AM

I am a wife of 30+ years and mother to 3 adult children (and bonus son). They are all college graduates, living on their own and enjoying life. I'm also the Founder of Moms Mentoring Circle, author, speaker and morning news contributor. I believe "mothering doesn't have to happen alone."

WANT MORE?

Are you feeling overwhelmed with the weight of motherhood? Do you wake up each day with that never ending to do list? We know stuff has to get done but who says you have to do it all or that it all has to be done right now?

We should talk!

[CLICK THIS LINK](#) to fill out a short questionnaire and get on my calendar for a free 30 min call. This call might just be the call that changes everything.

THE 3C APPROACH



GAINING CLARITY

- Identify areas that need order
- What systems are already in place (+/-)
- What systems are needed?
- Are you clear about who you are aside from being a mom?
- What behaviors need to be changed, improved or grown?



BUILDING CONFIDENCE

- Avoiding comparisons with other moms
- Collaborating with other moms
- Creating win/win dynamics
- Trusting your maternal instincts
- Rebounding from parental mistakes



SHOWING COURAGE

- Creating your village and support
- Determine what you need and get it
- Saying no without the guilt
- Preparing now for the empty nest

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
Mom Coach

...because Mothering doesn't have to happen alone