

# From Playpen to Boardroom:

3 LIES MOMS NEED  
TO UNLEARN







# WELCOME

Being a mom and running a business can be tough, but don't let myths hold you back. This guide will help you overcome the top three misconceptions that might be stopping you from reaching your goals.



MYTH 1:

You Can't Have It All





# THE MYTH:

You have to choose between a successful business and a happy family life.



# THE TRUTH:

You can have both! It's all about managing your time and energy wisely.





# Action Steps:

- Plan Your Schedule: Use a calendar to organize both business tasks and family time. Treat these time slots as non-negotiable.
- Prioritize Your Energy: Focus on tasks that make the biggest impact on your business and create meaningful family moments.
- Build Support Systems: Lean on friends, family, and professional networks. Delegate tasks to free up time for what matters most.







# Resources

1. Daily Planner Template: Organize your business and family tasks.
2. Time Blocking Guide: Learn how to block your time effectively.
3. Delegation Worksheet: Identify tasks you can delegate, both at work and at home.





MYTH 2:  
Successful  
Businesswomen  
Neglect Their  
Families





# THE MYTH:

To be successful in business, you have to neglect your family.



# THE TRUTH:

Successful women include their families in their journey, making their loved ones their biggest supporters.





# Action Steps:

- Communicate Openly: Keep your family informed about your business goals and encourage their support.
  - Create Rituals: Establish family rituals like dinners, game nights, or weekend outings to ensure quality time.
  - Lead by Example: Show your kids the value of hard work and dedication. Your journey can teach them a lot!
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# Resources:

1. Family Communication Plan: Tips on sharing your goals and challenges with your family.
2. Quality Time Ritual Ideas: Simple, meaningful activities to ensure quality family time.
3. Work-Life Balance Journal: Track and reflect on balancing work and family life.





MYTH 2:

# Women Aren't Natural Leaders





# THE MYTH:

There's a stereotype that women aren't natural leaders, making it harder for them to succeed in business.



# THE TRUTH:

Leadership isn't about gender; it's about skills, vision, and determination. Many women are exceptional leaders who inspire and drive their businesses to success.





# Action Steps:

- Build Confidence: Believe in your abilities and don't shy away from taking charge. Confidence is key to effective leadership.
- Develop Leadership Skills: Invest in your personal growth. Take leadership courses, read books, and learn from other successful leaders.
- Seek Mentorship: Connect with mentors who can offer guidance, support, and encouragement on your leadership journey.

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# Resources:

## Confidence Building Tools:

- Confidence is crucial for achieving success and fulfillment in life. Engaging in confidence-building exercises can significantly boost your self-esteem and resilience. Activities like positive self-talk, visualization, setting and achieving small goals, practicing confident body language and skill development are powerful ways to enhance your confidence. Books like **"The Confidence Code"** by Katty Kay and Claire Shipman and **"Awaken the Giant Within"** by Tony Robbins offer valuable insights and practical strategies for building self-confidence. helping you develop a strong foundation of self-belief and empowerment.








# Resources:

## Leadership Skills:

- Effective leadership is essential for any successful team or organization. Leadership training can help you refine your skills and inspire others. Excellent resources include books like "**Dare to Lead**" by Brené Brown and "**Lean In**" by Sheryl Sandberg, as well as courses such as Coursera's "**Women in Leadership: Inspiring Positive Change**" and LinkedIn Learning's "**Leadership Strategies for Women.**" These resources, authored and led by influential female leaders, provide valuable insights and practical advice to help you develop strong leadership qualities and create an environment where your team can thrive and achieve their best.
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# Resources:

These courses offer valuable insights and practical advice to help you develop strong leadership skills and foster a thriving team environment. Leadership Strategies for Women (LinkedIn Learning). Family Communication Plan: Tips on sharing your goals and challenges with your family.

Quality Time Ritual Ideas: Simple, meaningful activities to ensure quality family time.

Work-Life Balance Journal: Track and reflect on balancing work and family life.). Exercising Leadership Foundational Principles (Harvard University Edx) Family Communication Plan: Tips on sharing your goals and challenges with your family.

Quality Time Ritual Ideas: Simple, meaningful activities to ensure quality family time.

Work-Life Balance Journal: Track and reflect on balancing work and family life.







# Resources:

## Mentorship Tools:

- When you stop learning, you stop growing. Mentorship books can be invaluable resources for personal and professional development. Books like "**Who Not How**" by Dan Sullivan and Dr. Benjamin Hardy, "**Lean In**" by Sheryl Sandberg, "**The Mentor Leader**" by Tony Dungy, "**Dare to Lead**" by Brené Brown, and "**The Go-Giver**" by Bob Burg and John David Mann offer profound insights into building meaningful relationships with mentors, cultivating leadership skills, and fostering a growth mindset. These books provide practical advice and inspiring stories that can help you navigate your journey toward success with the support and guidance of mentors.
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