

# The Honest Mum Guide To Surviving And Thriving At Work And At Home

Being a working mother is tough. You're constantly juggling your career and your family, and it can feel like you're never ng either one well enough.



## The Working Mom: The Honest Mum's Guide to Surviving and Thriving at Work and at Home

by Vicki Broadbent

★★★★★ 5 out of 5

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But it is possible to succeed in both your career and your personal life. With the right strategies, you can find balance and thrive in both areas.

This guide will provide you with the tips and advice you need to survive and thrive as a working mother.

### 1. Time Management

One of the biggest challenges working mothers face is time management. There never seems to be enough time to get everything done.

To make the most of your time, it's important to:

- **Prioritize your tasks.** Decide what tasks are most important and focus on those first.
- **Delegate tasks.** If you can, delegate tasks to other people, such as your partner, family members, or friends.
- **Use technology to your advantage.** There are many great apps and tools available that can help you manage your time and stay organized.
- **Say no to non-essential activities.** It's okay to say no to things that you don't have time for.

## 2. Work-Life Balance

Another challenge working mothers face is finding work-life balance. It's important to set boundaries between your work life and your personal life, and to make sure that you're spending enough time with your family and friends.

To achieve work-life balance, it's important to:

- **Set boundaries.** Let your colleagues and clients know when you're not available for work.
- **Take breaks.** Step away from your work regularly to take breaks and spend time with your family and friends.
- **Delegate tasks.** As mentioned above, delegating tasks can free up some of your time so that you can spend more time with your family and friends.

- **Say no to non-essential activities.** Just like you need to say no to non-essential work activities, you also need to say no to non-essential personal activities.

### 3. Career

As a working mother, it's important to be strategic about your career. You need to find a way to balance your career goals with your family responsibilities.

To succeed in your career, it's important to:

- **Set goals.** What do you want to achieve in your career? Once you know your goals, you can start to develop a plan to achieve them.
- **Network.** Networking is essential for career success. Make an effort to meet new people and build relationships with people in your field.
- **Develop your skills.** Keep your skills up-to-date by taking courses or attending workshops.
- **Be proactive.** Don't wait for opportunities to come to you. Go after the opportunities that you want.

### 4. Family

Of course, your family is your top priority. You want to make sure that you're spending enough time with your children and that you're providing them with the best possible care.

To be a successful working mother, it's important to:

- **Make time for your family.** Schedule time in your day to spend with your family, and make sure that you stick to that schedule.
- **Be present.** When you're with your family, be fully present. Put away your phone and give your family your undivided attention.
- **Delegate tasks.** If you can, delegate tasks to other people, such as your partner or family members, so that you can spend more time with your children.
- **Say no to non-essential activities.** Just like you need to say no to non-essential work activities, you also need to say no to non-essential personal activities.

Being a working mother is not easy, but it is possible to succeed in both your career and your personal life. With the right strategies, you can find balance and thrive in both areas.

Remember, you're not alone. There are millions of working mothers who have been through the same struggles as you. And if you need help, there are many resources available to you.



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