



**Wanna know how your
lack of Work-Life Balance
is keeping you overwhelmed ?**

Take the Balance Quiz

***For Mom Entrepreneurs who
want to know why they're stuck,
feeling like sh*t working, when
what they really want is to enjoy
spending time with the
beautiful family they created***

Discover your Blocks !



Note how true each statement below on a scale of 1-10
(1= does not feel true ; 10 = feels very true)

1. I often feel exhausted

1 2 3 4 5 6 7 8 9 10

2. It's hard to have 5 minutes to myself

1 2 3 4 5 6 7 8 9 10

3. I often feel guilty because I don't have
time for everything I need to do

1 2 3 4 5 6 7 8 9 10

4. I often feel overwhelmed and over-committed

1 2 3 4 5 6 7 8 9 10

5. I often think about work when I'm with my family

1 2 3 4 5 6 7 8 9 10

6. I regularly get upset with my kids when I know I shouldn't

1 2 3 4 5 6 7 8 9 10

7. I often work at times when I should be relaxing (at night,
on weekends, etc.)

1 2 3 4 5 6 7 8 9 10

8. My family is frequently upset with me about how much
time I spend working

1 2 3 4 5 6 7 8 9 10

9. I frequently feel anxious or upset because of what is
happening in my business

1 2 3 4 5 6 7 8 9 10

10. I often feel guilty that I'm not more present with my kids

1 2 3 4 5 6 7 8 9 10

Evaluate your results

Add up the numbers you evaluated yourself to be at for each question.
For example, if you rated Q1 as 5 and Q2 as 7, you would add 5+7.

Your Score is between:

10 - 30 : Your Balance is awesome!

You're one of the few Mom Entrepreneurs who has found the secret to prioritizing what is truly important to you. You rest when you need rest. You are present with your kids & are proud of both the mom you are and the business you've built.

31-50 : Your balance is good, but you need to act to make sure it stays this way.

You feel satisfied with your mom and biz life, but you can experience some overwhelm & stress in peak moments. These are times when you'll need to be most careful to implement the strategies that otherwise keep you feeling nourished & at peace.

51-75 : Your life is out of balance but not yet out of control! NOW is the time to act to change this.

You clearly feel the overwhelm on a daily basis & the juggling is really starting to take a toll. Your business is successful, but it doesn't fit your mom life and you know you aren't giving your kids (or your biz) the best version of yourself. You want to change this, but you don't know how.

76-100 : Your life is out of balance, but the good news is you can get back control!

You feel like you're drowning. Your business is making you money, but it's costing you your wellbeing & that of your family. You struggle to be present with your kids & get upset with them over little things. You want your business to give you time freedom but it's actually giving you less time than you had in your 9.5. You feel like you're constantly feeling catch up & it's exhausting you, but you don't know how to change it.



Next Steps →



Next Steps

Your Score is between:

10 - 30 : Keep doing what you're doing!

31-50 : Discover the Balance Blocks that are keeping you from living a fully balanced life.

These energy leaks make you feel unnecessarily overwhelmed on a regular basis.

51-75 : Identify what is behind the overwhelm you're starting to feel on a daily basis. Discovering your Balance Blocks will ensure you are able to implement new strategies in your life & business to come quickly back to the place of flow & calm you desire.

76-100 : Learn what is keeping you stuck. You know you're business doesn't fit your mom life. You know you feel constantly overwhelmed, overworked & stressed. Identifying your Balance Blocks will give you the clarity you need to feel like you can breathe again & to define a clear action plan to ensure you start living the life you became an entrepreneur for!



**Click here to book your FREE
Balance Blocks Audit**

*Discover what's keeping you stuck in overwhelm, feeling like sh*t working, when what you really want is to enjoy spending time with the beautiful family you created*

You'll walk away from this session knowing :

- What blocks are keeping you overwhelmed & feeling like sh*t working
- Why it feels so hard for you to enjoy time with your family instead of thinking about all the work you're not getting done
- Clear action steps that will ACTUALLY enable you to be the present mom you built your business for !

Book your FREE Session before this becomes a paid offer!



I'm Emilia, a Mom of 3 boys & American expat living in France.

I worked HR corporate jobs for 10+ years before I became a victim of harassment on the job, leading me to experience deep depression & burnout.

This very painful experience ended up becoming one of life's greatest gifts. It taught me all the ways my perfectionistic & people pleasing tendencies had led me to lead a life that looked successful on paper, but that never really made me happy.

It also gave me the opportunity to dare to live my dream job and become a coach. I started out in parenting coach & later pivoted into empowerment business coaching.

Today, I am honored to lead other mom entrepreneurs down this delicious path of not only having a business that is deeply meaningful for you, but that serves the LIFE you've always craved LIVING !

Welcome to my world! It's an honor to have you join my community.

PS : DM me on instagram! I'd love to connect with you!

Emilia