

# THE *working mom* happiness method

A 10-week program for working moms designed to:



**INCREASE CAREER  
ACCOUNTABILITY**

Empower + equip your working  
moms to own their careers



**IMPROVE PERFORMANCE,  
RETENTION & MORALE**

Keep high performers happy,  
healthy + motivated to drive results



**STRENGTHEN YOUR  
DEI OFFERINGS**

Provide inclusive support that  
makes employees feel valued



## Facilitated by a proven corporate leader

Katy Blommer has spent 20 years working for a large financial corporation and working her way up from entry level to VP leading large teams. On her journey, she's learned how to be an excellent leader/coach and found her passion for coaching women in all aspects of their lives. She has two kids and has spent 14 years learning how to find balance, health, and live her best life as a working mom!

## About the Program:

- 10 weeks: 4 modules including 25 instructional videos
- 10 group coaching sessions
- Time commitment: ~5 hrs/week
- 100% virtual
- \$15,000



# THE working mom happiness method

**A 10-week program designed to increase career accountability, improve performance, retention & morale, and strengthen your DEI offerings**

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With "The Great Resignation" still lingering, and more companies diving deeper into Inclusion & Diversity and going beyond general leadership and development type trainings, this is the perfect program to help working moms feel supported, included, and set them up to be more productive and happier in their careers.

## About the Program:

- 8 weeks of educational materials:
  - 4 modules including 25 instructional videos
- 10 group coaching sessions
- Time commitment: ~5 hrs/week
- 100% virtual
- \$15,000

100% of surveyed participants said  
this program was "life-changing"!

To bring this program to your company

We're now booking corporate clients  
for Q1 2023.

**To get started, reach us at:**  
[Hello@WomensBestLifeUniversity.com](mailto:Hello@WomensBestLifeUniversity.com)

