

BY LAUREN OSTROWSKI FENTON

# Working Mums – the successful juggling act

In the spirit of Melissa's and Cameron's (newspaper editors) wonderful baby news - this month I pay homage to the miraculous working mother. As mothers we can achieve remarkable feats using a good measure of basic organisational strategy, coupled with a pinch of self kindness and a splash of fun. I myself liken my life as a working mum to a clown balancing saucers precariously upon sticks. I do my best, I organise my time, I set goals, I employ planning strategies and sometimes when one of my metaphorical plates break, I try to say "never mind". I asked several working mums what their secret ingredient to work life balance is.

## *Working Mum's secret ingredients to work life balance:*

"It is about prioritising time for all the different aspects of your life - fitness - children- home and work." *Stephanie Woodman, Woodman Estate Moorooduc*

"I aspire to be fit, healthy & happy, it has a flow on effect with my family. Believe in yourself! Lots of dedication, determination and a can do attitude!" *Stephanie Loverso - Lyall Creative Graphic Design, Hastings*

"Spending special time with the kids is my secret." *Brooke Mornington, Brooke Ramsay Hair*

"Arise bright and early for clearer thinking, more preparation time, and therefore less

stress for the whole family." *Dianna Ailey, Little River www.renewminerals.com.au*

"Definitely focus and I set my goals and then I do it. Whatever it takes!" *Dorothy Borg, Swim Coordinator - Core Swim School Frankston*

"Organisation, communication and prioritising are my secret ingredients" *Tracey Simpson, Medical receptionist, Hastings*

"For me I put my health first and the housework and washing come second...my health comes first now therefore I end up a better person for my children" *Kelly Cowie, Butcher, Bittern*

"Learn to be flexible, don't sweat the small stuff and have good children (laughs)." *Julie Duncan, Studio 313 Hairdressing, Frankston*

"You have to be very well planned and organised otherwise the wheel will fall off the cart - it is actually about planning. My personal motto in life is do it with passion." *Louise Thomson, Mt Eliza Caring for you Nursing agency*

The moral of the story is that we can only do our best - working motherhood is not about perfection, it is about time organisation, strategic planning and budgeting on the one hand and then love, laughter and occasional mummy melt downs

and tears on the other. As a mother of four children including twins and running two businesses, many often ask me the secrets to my work life success.

## *My 10 secret ingredients to work life balance:*

1. Prioritise your health and fitness - and your family will benefit from your- self focus and health
2. Set realistic goals and strategies - and then forgive yourself when life occasionally gets in the way. Stick 10 measurable goals up in the bathroom and read them out aloud each day.
3. Organise your time - write a list of tasks each night that you plan to achieve the following day.
4. Drink moderately and do not ever smoke - no body including yours benefits from destroying your health.
5. Laugh out loud every day
6. Put aside the housework in order to enjoy your children
7. Be passionate and diligent at work- enjoy your work and serve as a positive career role model for your children.
8. Get up early, eat a non processed, organic breakfast to set yourself up for daily success
9. Practice yoga for restoration, relaxation, and renewal
10. Every night before sleep count the blessings in your life.

Lauren Ostrowski Fenton  
www.beremarkable.com.au