

2024

Workin Mom's Tool Kit

Articles



Advice & Resource

- 1 Work Parent Blog
- 2 The Mom Project Library
- 3 Mom in Tech_Worklife Balance
- 4 <u>Cultivate Positive Emotions</u>

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Mom's Online Support

Online Support

- 1 Online Gratitude Journal for Moms
- 2 <u>Elpha</u> is a platform for women in tech to connect,
- 3 What to expect
- 4 Moms online coffee chat

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Moms Networking

Networking

- 1 <u>Lean in Circles</u>
- 2 Mompowerment
- 3 Girlfriend Circles
- 4 <u>SingleMomsPlanet</u>
- 5 <u>Fairygodboss</u>



Resources for Moms

Free Resources

- 1 <u>Libby</u>
- 2 Family Organiser
- 3 <u>Meditation resource</u>

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Top Tips from the Best Workin Moms!

	Videos	Listening Time
1		
2		2 mins
3		2 mins
4		2 mins
5		2 mins