

News

SUNDAY CHAT

# Life coach starts website to help moms

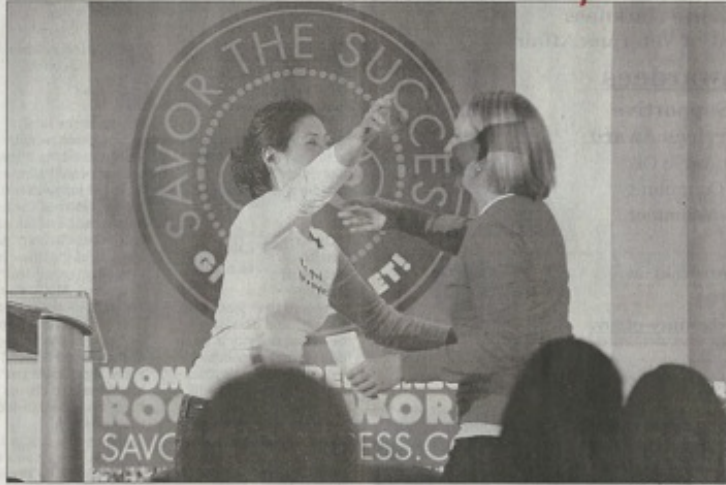
By Michelle Leo  
Contributing Writer

A year ago, Patty Lennon, of Danbury, a certified, full-time life coach, saw the need to help moms like herself, who were overwhelmed by hectic schedules, unfulfilled dreams and cranky kids.

Her business coaching website, *GettingintheFlow.com*, for women entrepreneurs, was already up and running and had helped several area women start their own businesses. Now her new website, *MomgetsaLife.com*, offers affordable, professional coaching to help moms feel happy about being moms.

As a former vice president with Citigroup, Lennon had mentored colleagues for 15 years. Marriage and children followed. Then, as she said, one morning she woke up thinking she hated being a mom. And she hated herself for thinking that. She decided to get help and went on to earn a psychology degree and a master's in counseling from Pace University. After taking a Martha Beck certification course in life coaching, she knew what she wanted to do.

Just when things were looking up, her mother fell and



Angela Jia Kim, left, awards Danbury resident Patty Lennon a \$2,500 grant for *MomgetsaLife.com*, at the Rock the World women's conference in New York last spring.

once a month, live chats, invitations to events, access to a panel of experts and a daily blog.

**Q:** What inspired you to create *MomGAL*?

**A:** I wanted moms to learn

25 members, which is fine. I'm still learning what members want, and can give them one-on-one coaching during the conference call. Then I have 50 women who belong to Meetup,

weeks. And learn to say no. Do things that match up with your priorities. Understand that when we break communication, husbands think we just don't want sex. What led me to be-

and not your kids.

**Q:** Do moms see results right away?

**A:** Yes. Once they know that other moms feel the same way they do. It's nice because they can remain anonymous.

**Q:** What are your religious beliefs?

**A:** Your thoughts create your reality and things happen for a reason. For instance, the week I launched *MomGAL* my husband was laid off, so now he could watch the kids.

**Q:** What do you see in the future for *MomGAL*?

**A:** I want to do more advocacy. Part of my proceeds go to *Kiva.org*, a website to help women in impoverished countries get micro-loans. It creates financial power, so they learn they have options. It comes from 9/11. Moms with hopes and dreams have children who have hopes and dreams. They learn love instead of hate. This is why terrorism flourishes in those areas. The Dalai Lama recently said the world's problems will be solved by the western women. I believe that.

**Q:** What are some of the events and how do they help moms?

**A:** We did a workshop called *One Delicious Day*, a combo of yoga, coaching, wine and

Beck certification course in life coaching, she knew what she wanted to do.

Just when things were looking up, her mother fell and broke her hip; it was the same week her mother was supposed to start chemotherapy for cancer. That was the turning point; Lennon realized a lot of other moms were struggling in similar situations, and she wanted to help.

So Lennon came up with *MomgetsaLife.com* (*MomGAL*), an affordable, group coaching website. The monthly membership fee is \$27, and a one-month trial is only \$1. This includes a live tele-conference

tions to events, access to a panel of experts and a daily blog.

**Q:** What inspired you to create *MomGAL*?

**A:** I wanted moms to learn what I learned after I realized I wasn't enjoy being a mother. I knew I had to change my thinking so I went to work on myself and wanted to share what I learned.

**Q:** What makes this different from your business life coaching?

**A:** I wanted to make it affordable for moms by offering group coaching.

**Q:** How big is your membership?

**A:** Right now there are only

still learning what members want, and can give them one-on-one coaching during the conference call. Then I have 50 women who belong to Meetup.com, a website designed to introduce moms to engage in activities to make space for themselves, even though children are still a big part of their life and who they are.

**Q:** What are some of your suggestions?

**A:** I do what I call a "marriage reboot," when parents aren't communicating, just running the household like a business. I tell them to make eye contact with their husband at least three times a day for two

Do things that match up with your priorities. Understand that when we break communication, husbands think we just don't want sex. What led me to become a coach was we were racing out the door a 7 a.m. with an infant and a 2-year-old. We were on this crazy schedule. I said to myself "I hate this." We both had great corporate jobs and I had all these "shoulds" and we forgot what we wanted out of life.

**A:** Are there any rules?

**Q:** Yes we have pledges. One is "I pledge to leave my children at the virtual door." When you come to chat on the website, you only talk about yourself,

events and now do they help moms?

**A:** We did a workshop called *One Delicious Day*, a combo of yoga, coaching, wine and chocolate. We had neck massages and did things that made us feel wonderful. We also have a free monthly call series (teleconferencing). We have guest speakers. Last month 23 of us went to a free NBC taping of a new talk show pilot hosted by Jenny McCarthy, the actress/comedian. It was about everything from learning self-defense, to how to fix scratches on wood floors, to finding the right bra size. It was a lot of laughs.