

Find out how 'Mom Gets a Life'

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You have the family you always wanted. They're happy and healthy, and you spend your days caring for all their needs. And yet there's something missing. Somewhere along the way, you've lost your sense of personal happiness.

In an effort to restore it, Danbury resident Patty Lennon founded Mom Gets a Life -- a multimedia company designed to "support women as they pursue an individual definition of success as a person and a mother."

Lennon discussed her company and how it works in a recent interview:

Q: Exactly how do you help women through your business?

A: I help them find a balance between their needs and those of their family's. My goal is for a woman to be happy -- whether it's through a job outside the home or through outlets she enjoys, such as exercise, getting a manicure, meditating or reading. Moms need time alone to focus on themselves.

Q: Do members of Mom Gets a Life get together on a regular basis?

A: Yes, every month, I hold free meet-ups at Brio Tuscan Grille in Danbury. At the meetings, I share thoughts on what women can focus on for their personal happiness. Our next meeting will be a pre-Valentine's Day wine-and-chocolate gathering where moms will reflect on how they've been treating themselves and whether they give themselves the time and attention they need.

Q: So I hear your business is sponsoring a Mom Gets a Business Conference, an event to help women succeed as entrepreneurs. This sounds exciting. Can you tell me more about it?

A: Sure. This will be a first-ever, one-day event to show women how to create a business that's scalable -- one that can shrink or grow with their own needs and their family's needs without jeopardizing the business. The Mom Gets a Business Conference was born out of my realization that women who are raising their children feel they don't have the freedom or flexibility to be financially secure. At the conference, we ask women what type of job they would like to work at, and then show them how to start a business with skills they already have. According to a recent report by the U.S. Department of Commerce, women entrepreneurs are going to create the majority of new businesses by 2014. What's great about hiring mothers is, in exchange for having the flexibility and freedom we want from the job, we can offer our services at a

competitive rate. At the meeting, we'll cover topics such as how to hire the help you need, how to delegate and how to market yourself.

Q: What if a woman isn't sure what kind of business or personal outlet will give her the most satisfaction?

A: If she spends five minutes alone every day, she'll get a glimpse of that answer. If she follows that glimpse, pretty soon she'll get an answer in the full light of day.

Every woman has within her the answers to her own happiness. My role is to help women reconnect to their inner guidance system so they can define for themselves what will create that happiness.

This article can be found at:

<http://www.newstimes.com/local/article/Find-out-how-Mom-Gets-a-Life-4225827.php#src=fb>