

SURVIVE & THRIVE

FOR WORKING MUMS

NEWSLETTER • AUGUST 2026

Welcome to the First Newsletter

Welcome to Survive and Thrive for Working Mums — a newsletter created for ambitious mothers who refuse to choose between a fulfilling career and a present family life. Each issue will bring you practical strategies, honest conversations, and supportive resources to help you navigate the challenges of working motherhood. Whether you're returning from leave, chasing a promotion, or simply trying to get through the week, we're here to remind you that you can build a career that honours who you are — as a professional and as a mum.



SUMMER HOLIDAYS

How to Survive the Summer Holidays

Realistic tips for juggling work deadlines, filling childcare gaps, and keeping the kids entertained — without the guilt. You've got this, mama.

[School holiday tips](#)

WELLBEING

The 15-Minute Morning Reset

A simple routine to ground yourself before the chaos begins. No 5am wake-ups required.

[Mindfulness resources](#)

INSPIRING MUMS

Spotlight: Emma Grede

Emma Grede, inspiring business women and mum of four shares her story in this fascinating and entertaining Desert Island Podcast.

[Listen to the Emma Grede podcast](#)

"For me, being a mother made me a better professional, because coming home every night to my girls reminded me what I was working for. And being a professional made me a better mother because by pursuing my dreams, I was modeling for my girls how to pursue..."

— Michelle Obama

FREE RESOURCE

The Promotion Readiness Checklist

A one-page framework to assess your readiness, identify gaps, and build your case — all before your next 1:1.

[DOWNLOAD NOW](#)

THE PROMOTION READINESS CHECKLIST

For Working Mums Preparing for a 1:1



This checklist is your practical blueprint to take the emotion out of career progression and confidently back up your ambition with facts. Simply rate your current mastery, map out your remaining skill gaps, and craft your pitch to turn your next 1:1 into a collaborative partnership for your promotion.

1 Step 1: THE REALITY CHECK

Rate yourself from 1 to 5 (1 = Not started, 5 = Consistently delivering)

Role Mastery: I consistently deliver the high-quality outputs expected of my current job description.

1

2

3

4

5

Operating Above: I am already performing at least 30% of the responsibilities of the next level up.

1

2

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Strategic Alignment: I can clearly point to how my recent work directly contributed to company goals.

1

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Capacity Control: My workload is stable enough that I can take on new responsibilities without burning out.

1

2

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2 Step 2: Map Your Evidence

Document 3 key achievements with measurable outcomes from the last 6-12 months.

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3 Step 3: Identify the Gaps

Pinpoint 1-2 skills or experiences needed at the next level and plan how to close them.

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4 Step 4: Build Your Visibility

Ensure key stakeholders know your contributions — volunteer for a presentation or cross-team project.

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5 Step 5: Prepare Your Script

Write your opening hook, value pitch, and clear rationale for your promotion readiness ahead of the 1:1 conversation.

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6 Step 6: Secure Your Sponsor

Identify a senior advocate who can speak to your readiness when decisions are made.

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7 Step 7: Set the Timeline

Agree a clear review date and milestones with your manager so progress is tracked.

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You deserve the promotion. Now go and get it!