SURVIVE & THRIVE

FOR WORKING MUMS

NEWSLETTER · OCTOBER 2026

Q4 2026 Newsletter



With Christmas approaching and the annual performance review cycle on the horizon, the festive season can feel more like a chore than a celebration. But surviving this season isn't about trying to do it all perfectly. It's about being strategic.

This issue will help you prepare to keep climbing professionally—equipping you with the tools to smash your annual performance review—while giving you a practical survival guide to lower the stakes at home, protect your boundaries, and actually enjoy the festive magic with your kids.

Let's finish the year strong, without burning out.

HOLIDAY SEASON

A calm Christmas

When the to do list in longer than ever, the festive season can feel like a slog. To manage the chaos, read these tips for surviving the stress of the festive season.

Managing Christmas Overwhelm

ANNUAL REVIEWS

Acing your Performance Review

Top tips on how to sell yourself in the workplace. Watch this 3-minute YouTube video to set you up for success.

Write an effective performance review

PODCAST

Spotlight: Leanne Laskey

Leanne Laskey, a corporate mum and executive coach, shares her practical tips on giving up perfectionism.

Listen to the Leanne Laskey podcast

> Trying to do it all and expecting that it all can be done exactly right is a recipe for disappointment. Perfection is the enemy.
>
> — Sheryl Sandberg, author of Lean In and former COO of Meta

FREE RESOURCE

Annual Review Readiness Checklist

A one-page framework to help you get ready to showcase your great work this year.

DOWNLOAD NOW

PREPARING FOR YOUR ANNUAL REVIEW

For Working Mums Getting Ready to Showcase Their Impact



This checklist is your practical blueprint for preparing for an annual review with clarity and confidence. Gather evidence of your impact, reflect on challenges and growth, and use the conversation to agree meaningful priorities and support for the year ahead.

1 Step 1: THE REALITY CHECK

Review your goals, responsibilities, key projects, and what you delivered in the past year.

- List 3–5 accomplishments with evidence: numbers, deadlines, quality, feedback, or outcomes. 1 2 3 4 5
- Capture changed priorities, milestones, and the work behind your results. 1 2 3 4 5
- Identify where your work has contributed to the organisations strategic goals or the bottom line. 1 2 3 4 5
- Record challenges, solutions, lessons learned, and how you adapted when plans changed. 1 2 3 4 5

2 Step 2: CAPTURE YOUR IMPACT

List 3–5 accomplishments with specific evidence and business outcomes. ☐

3 Step 3: TELL THE FULL STORY

Share challenges navigated, problems solved, lessons learned, and how you adapted. ☐

4 Step 4: HIGHLIGHT YOUR STRENGTHS

Use concrete examples of collaboration, ownership, leadership, communication, and delivery. ☐

5 Step 5: IDENTIFY YOUR GROWTH AREAS

Choose 1–2 skills to develop and define goals, support, resources, or opportunities. ☐

6 Step 6: ASK FOR USEFUL FEEDBACK

Ask what to keep doing, where to improve, and how your contribution is being seen. ☐

7 Step 7: SET YOUR PRIORITIES

Agree priorities, success measures, development goals, and support for sustainable progress. ☐

You’ve done more than you think. Now make your impact visible.