



Lara Galloway - Mom Biz Coach One Sheet

Lara Galloway has built a successful business by helping other women blend work and family priorities. Being a mom and an entrepreneur is a huge challenge for women who:

- Started their own businesses in hopes of getting the freedom, flexibility and fulfillment they wanted, but wound up working more than they ever did before they had kids
- Are masters of their craft or service, but lack the skills, expertise and resources required to successfully grow a business
- Don't know how to create goals that support their business AND their family life
- Lack the support they need from their spouse, family and friends
- Never have enough time to do all it takes to run a family while running a business
- Fear marketing and sales and other core business processes required for business growth

Lara launched her business **Mom Biz Coach** to help mothers with their number one challenge: finding enough time to “do it all.”

Galloway was recently featured in Forbes, is a sought after speaker and business coach, hosts a weekly radio show and is regularly featured in the national and international media.

Press Highlights

- * Featured in Forbes -Thirty Women [Thirty Women Entrepreneurs To Follow On Twitter](#)
- * Featured in the [Detroit Daily News](#)

Quotes from Lara

“Mom entrepreneurs define success differently from other entrepreneurs. It’s not enough to have a booming business, tons of clients, and a nice paycheck. Quality family time has to come first.”

“Play to your strengths and focus on your money-making talents. Do your best at what you do best and delegate the rest.”

“Think about what you’re modeling for your kids. Don’t you want them to learn what it’s like to be fulfilled, energized and satisfied with their work? Show them! After all, most of the world is teaching them they’ll have to suffer for about 40 hours a week the rest of their lives.”

“Smart mompreneurs don’t waste time re-inventing the wheel. They find mentors who have been there, done that, and ask them to show them the way.”

“You are actually powerful enough to make your life look the way you want it to. The question is whether you’re willing to own that or not.”

“Mom entrepreneurs spend way too much time ‘shoulding’ all over themselves. Consider your priorities and goals. Make a plan to get there. Take a step.”



Want More?

Here are some links to a few of Lara's most popular articles and videos on Mom Biz Coach:

[One of Those Mompreneur Days \(vlog\)](#)

[How to Reach Your Target Market](#)

[Five Things You Must Do to Run a Successful Small Business](#)

[Spend Your Precious Time Wisely](#)

Contact Info

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