

Homework.
Laundry.
Dishes.
Bedtime.

Multiple sports,
multiple fields

Can't get out
of the house
on time

Friday
burnout &
Sunday
scaries

Overwhelmed
by the
mental load

Forgot to
plan dinner,
now it's 5PM

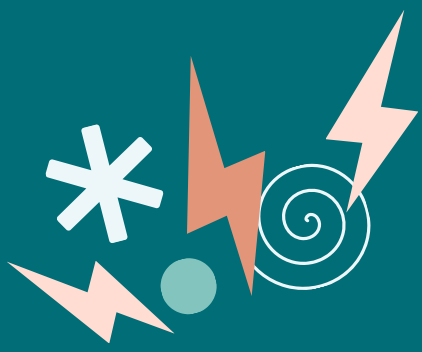
Not enough
hours in the
day

No time alone,
for myself

No idea what
the day has in
store for us

Too exhausted
to make time
for each other

Everything is
on me



THESE ARE THE SOUNDS OF AN UNSTRUCTURED WEEK AS A BUSY PARENT

Weekyays coaching is a 6-session workshop for busy parents that:

- Teaches how to structure your family calendar to alleviate stress
- Shows how to delegate responsibilities to empower family members
- Effortlessly plans meals and grocery lists for your family's needs
- Gives you free time for yourself that you can count on each week

UNDO THE CHAOS AND RECLAIM YOUR WEEK

Why Weekyays Works

As a busy mom of four, I realized that both the chaos and anxiety in our household peaked when structure was absent. I found myself living for the weekends, feeling totally tapped out by Friday and dreading what a new week might bring. I'd be pep-talking my kids to get ready for school on Monday morning while silently battling the Sunday Scaries in my own head.

Enough was enough.

I officially retired our frantic mornings six years ago. I've created an easily adaptable system that has consistently helped us get it all done, and have even carved out 2 solid hours for myself each day. I'm a firm believer that parents show up better for their kids when they have time for themselves.

REGISTER
NOW

WWW.WEEKYAYS.COM

