BALANCE GUIDE FOR MID-CAREER WOMEN



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Dear Leading Woman,

Thank you for downloading the Balance Guide. Just by being here, you've already taken a significant step toward a life of purpose, confidence, and fulfillment. It shows you're done with feeling overwhelmed and ready for a more balanced, meaningful life.



INTRODUCTION

Have you been feeling overwhelmed, burned out, and stuck in your personal and professional life? Does it seem like you've lost touch with who you are beneath all the doing? If this sounds like you, take a deep breath and relax—you're not alone. I've been there too, working tirelessly while the results just didn't match the effort I put in.

I know how frustrating this can be, and this is why the Balance Guide is designed to help you rediscover your true self, rebuild your confidence, and step gently into the next phase of your career without feeling pressured or burned out. You'll learn how to take small, manageable actions that support both your emotional well-being and career growth.

COMMON CHALLENGES MID-LEVEL CAREER WOMEN FACE

- **Juggling Multiple Roles and Responsibilities:** Many women struggle with balancing professional obligations, family, and personal commitments, leading to feelings of overwhelm and exhaustion.
- **Gender Bias and Stereotypes:** In many organizations, fewer women are in leadership roles, with some positions still seen as "better suited" for men, even when qualifications are equal.

WHY IT'S IMPORTANT TO ADDRESS THESE CHALLENGES

To truly advance in both your personal and professional life, it's essential to address the burnout and overwhelm you're feeling. First, acknowledging the need to slow down allows you to create an environment that gives you the space to regain clarity and energy—two critical ingredients for success.

Reclaiming Your Self-Identity is the first step in reconnecting with who you are at

your core. In this guide, I'll share a few steps to help you overcome burnout and overwhelm while giving you practical tools to move forward with confidence and purpose.led can help you understand your values better.

STEPS TO RECLAIM BALANCE

Clarify Your Values and Strengths: Reflect on what truly matters to you in work, family, and life. Acknowledge your strengths, no matter how small they may seem. Engaging in activities that make you feel fulfilled can help you understand your values better.

Reframe Your Personal Narrative (Self-Talk): Negative self-talk keeps you stuck. Shift your mindset from limitations to growth. For example, replace "I'm too overwhelmed to do anything" with "I'm in a season of rest and renewal, and I'm slowly finding my way."

Take Initiative with Compassion: You don't have to do everything at once. Start by identifying one small action to advance your career—whether it's attending a webinar, connecting with a mentor, or taking a class. Pace yourself to avoid burnout.

Set Actionable Career Goals That Support Your Peace of Mind: Break your goals into long-term and short-term actions that honor your well-being without overwhelming you.

EXERCISE

1a. Make a list of 3-5 values or strengths that stand out to you.

1b. Focus on how these values or strengths can guide your actions without making you feel overwhelmed. (Remember, this isn't a checklist; it's about giving yourself the freedom to recognize what truly matters to you.)

Congratulations!

You've made it this far, and I'm confident that this guide has provided clarity on how to reconnect with yourself, overcome overwhelm, and take actionable steps toward career growth.

Keep soaring. I'm rooting for you!

Warm Regards,
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Lead Coach, Bloom Habour Solutions Ltd

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Need More Clarity?

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We'll discuss where you are, what's been holding you back, and how your next bold move could look like.

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ABOUT THE AUTHOR

Ifechukwu Adigwe is a coach dedicated to empowering individuals to transform their careers and lives. With over a decade of experience in the telecommunications industry, she combines her expertise in leadership, communication, and human behavior to help her clients thrive.

Certified as a Performance Consultant, Master Practitioner in Neuro-Linguistic Programming (NLP), and Emotional Intelligence Coach, Ifechukwu is deeply passionate about helping mid-level career women overcome imposter syndrome and reconnect with their true selves. She is also a Work Integration Specialist, helping women balance career ambitions with personal well-being.

As the CEO of Bloom Harbour Solutions Limited, Ifechukwu leads a company committed to empowering individuals to reach their highest potential. Based in Lagos, Nigeria, Ifechukwu actively advocates for healthier career dynamics, working with women to break free from limitations and confidently advance in their careers.