



grown woman wednesday

Power Playback Guide



Leading Motherhood

featuring Amy Looper

mini lessons. maximum impact.



grown woman life

Mission & Vision



The mission of the [Grown Woman Life](https://www.grownwomanlife.com) platform is to support the journey of mature professional women, the bold, brilliant, and badass among us in living a **proud, purposeful, and unapologetically life.**

I have created Grown Woman Wednesday to provoke conversation, provide entertainment and inspire. Join us on LinkedIn live every Wednesday at 1:00 PM EST.

You will:

- Meet inspiring women who personify the principles of Grown Woman Life
- Hear stories of success and encouragement
- Learn best practices of Grown Woman Power Players
- Recieve a Power Playback guide providing you with tangible, actionable takeaways

Grown Woman Wednesday

March 29, 2023 - Leading Motherhood



"Modern motherhood is a gift in so many ways however it is often designed to help some of us high-achievers shift our way of approaching life!"

Amy Looper

inspiring your bold, brilliant, badass self

Grown Women Choose Wisely

Grown women have the right to make themselves a priority

It is your responsibility to take time to consistently nurture yourself, and honor your body, mind, and spirit in a way that's genuine to you. To effectively take care of others, you have to take care of yourself, guilt free!



"Leading motherhood is taking accountability and leading your experience in life, not giving power away to circumstances, not living in the past, freeing yourself from fear, anxiety and choosing courageously to walk in your greatest potential."



Amy Looper
Founder, CEO and Author

Amy Looper works with companies to build a company culture that scales revenue through high performance. She works with high-achieving working mothers to improve performance by overcoming the chronic stress cycle and anxiety that leads to burnout without all of the sacrifices of career, income, relationships, and health while raising a family.

Amy is the author of *Leading Motherhood*, a working parent, 2x postpartum depression and burnout survivor, and an 18-year award-winning software sales leader turned transformational leadership coach. She has created the *Leading Motherhood* and *Building Company Culture* programs based on human behavior and Amy's own lived experience to empower her client's greatness in their career potential, health, and relationships.



support our power players

Amy Looper

Get Your Breakthrough

The Leading Motherhood 6-Week Breakthrough Program launches on April 17th, and is designed for ambitious professionals that ready to break through chronic stress and burnout for good. [Schedule a breakthrough call today.](#)

Book Amy for an Event

Amy is available for Maternal Mental Health Month (May) speaking engagements with corporations, ERGs, and associations. [Contact Amy to schedule.](#)

Buy Leading Motherhood

A copy of Leading Motherhood can be purchased on [Amazon here.](#)

Create Your Power Play



Listen to our Grown Woman Wednesday LinkedIn Live Session

Step 1



Consider the quote, the power player's insight and the Grown Woman Life Principle

Step 2



Create your personalized Power Play by answering the Power Playback questions.

Step 3

mini lessons, maximum impact

Leading Motherhood

Take a moment to reflect on these key Power Playback Points; jot down your thoughts and how you might put them into practice. Make this your personalized Power Play!

Power Playback Point #1

In what areas of your life do you seek validation from other and how can you move away from this behavior?

Thoughts

Actions

Power Playback Point #2

Are you operating under a "do whatever it takes mentality"? If so, it is working for you? Why or why not?

Thoughts

Actions

Power Playback Point #3

What part does faith play in your motherhood journey?

Thoughts

Actions

grown women grow one story, one step, one action at a time



grown woman life

Let's Connect!

