

# When Business Meets Baby

Practical tools and tips  
for achieving balance



Exclusive Chapter Preview

**Here's something you already know. When you become a mother, you want flexibility. You want to be there for your baby, and you want results in your business. You want to make good money, and to make a difference.**

All over the globe, women are taking control by starting their own businesses – businesses that (they hope) will grow around the needs of their babies. If you are ready to combine entrepreneurship with the rewards of motherhood, let this book show you how to do it with love, grace, business smarts and pizzazz.

This practical guide shares the advice of successful entrepreneur Rachel Allan, parenting and self-care experts, and women just like you who have worked out the shortcuts to success. You'll discover how to:

- take beautiful care of your baby, your business and yourself in an intuitive way
- set up supportive systems that free your time and help you feel relaxed and in control
- enjoy the experience of being a truly 'present' mother and a successful business owner

**You don't need to do it alone, and it doesn't have to be complicated. You truly can achieve balance - this book will show you how!**

*Rachel Allan has openly embraced the role of mother to her energetic daughter. Her transition to supermum-entrepreneur didn't happen overnight, and she discovered a LOT along the way. Rachel is an integrated marketer, entrepreneur and property investor who (now) knows how to successfully grow a little person and a business.*

**When Business Meets Baby is available for purchase at**

**[www.rachelallan.com.au](http://www.rachelallan.com.au)**

# Your Story

*“It’s your turn to write the script of your life”*

**S**o, what will your story be? How will you use the information and inspiration that’s been shared in this

book? What sort of future will you create for you, your family and your business? To help you write that story (before you put on the next load of washing or type that next email), write down just **FIVE** actions you’re going to take to create balance, and to create the future of your dreams. A future that melds business and baby in a profound, joyful way. At the end of this chapter, I’ve provided you with space to write your list. If you would like to share your list with others, please post it on the *When Business Meets Baby* Facebook page ([www.facebook.com/whenbusinessmeetsbaby](http://www.facebook.com/whenbusinessmeetsbaby)), or you can email it to me at [rachel@rachelallan.com.au](mailto:rachel@rachelallan.com.au).

I’d also love to connect with you and hear your business-meets-baby story. Throughout history, experiences have been passed down the generations through stories, music and dance. We have stopped telling our stories. We have stopped listening to our “elders”, believing that we can just find the answers on Google. We need to start sharing again. By sharing, we find support, understanding and balance. Share your own business-meets-baby experiences with others on the Facebook page, and let’s create a powerful ripple of positivity and support across the world.

Here is the space for you to create those five action steps...

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# Inspired Business & Life Design

for mums seeking balance

- ~ Delve deeper into your business and life to understand your purpose
- ~ Set goals and plan your day, week, month and year
- ~ Create systems and processes to help you find alignment and balance
- ~ Be guided in designing a business and life that's true to you and your family

You have read the book.  
You are keen to make changes in your life.  
You are not sure where to start.



Introducing *Inspired Business & Life Design*, a series of four mini-courses covering Business, Marketing, Life and Self. Delivered online and self-paced, with built-in support.

Developed by Rachel Allan and expanding on *When Business Meets Baby*, this course will take everything you have learned in the book and help you integrate it successfully into your business and life.

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Marketing Consultant & Author