



GILLIAN BEHNKE

LIFE & BUSINESS
COACH FOR MOMS
FOUNDER, MOM CAMP

BIO

As a busy mom of two, Gillian cares deeply about helping other moms feel better both mentally and physically. She believes that motherhood does not equal with exhaustion, and that it is possible to thrive mentally, emotionally, physically and professionally. Gillian is the founder of **Mom Camp**, a media and events company that empowers moms to live their best lives. She is the creator of **The Fill Your Bucket Method**, which teaches moms how to create a solid health foundation, set personal priorities and establish boundaries. It's all about filling your own bucket first so you are able to pour into others.

Gillian has worked in marketing and event management for over 15 years. She is a skilled problem solver and her passion is connecting people with the right solutions that will improve their lives and work.

INTERVIEW TOPICS

- Why "busy" is not a badge of honour
- Time management for working moms with a side hustle
- How to grow a business while managing a family
- Health and self-care ideas for the busy working mom
- How to find your personal priorities and set boundaries to protect them
- How to ask for what you need to get the life you want
- The elusive concept of balance for a working mom
- Reducing overwhelm and increasing joy

CONTACT

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