



# GILLIAN BEHNKE

FOUNDER, MOM CAMP



## CONTACT ME

Phone	604-505-2267
Email	<a href="mailto:gillian@momcamplife.com">gillian@momcamplife.com</a>
Website	<a href="http://www.momcamplife.com">www.momcamplife.com</a>
Social	<a href="https://www.instagram.com/momcamplife">@momcamplife</a>

## BIO

As a busy mom of two, Gillian believes that motherhood does not have to equal exhaustion, and that it is possible to thrive mentally, emotionally, physically, and professionally.

Gillian is the founder of **Mom Camp**, hosting events and weekend retreats a community to empower moms to live their best lives.

She is also the host of the **Mom Camp: Around the Campfire** podcast and the creator of the **Priority Mom 90-day planner**, which helps moms prioritize their time and energy while also ensuring that they are on their own priority list.

Gillian teaches moms how to create healthy habits, set personal priorities and establish boundaries. She believes that moms need to fill their own buckets first so they are able to pour into others.

Gillian has worked in marketing and event management for over 20 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