Sample Interview Questions:

1. Why are women so exhausted, overwhelmed and living life to the busy, instead of to the full?
2. Why do women believe they should do it All and do it Well?
3. When you wrote about the importance of authenticity and the Power of Being You, what does this mean?
4. What actionable steps do you offer women in creating breathing?
5. As women who set the tone for their family, what tips do you suggest to offer a more positive atmosphere? Tips for self-care.