

Paralympian Dame and 19 other successful women share their secret to being a confident mother

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Author Sherry Bevan interviewed 20 successful women, including Paralympian Dame Sarah Storey, for her new book '**The Confident Mother**' to discover the secret to having it all. Her findings are in fact it's not about having it all but having the confidence to live your life the way that works for you. The book launch party is in Bromley on **Thursday 1 October**.

"**The Confident Mother** is all about celebrating and loving life as a woman and as a mother" says the author. "It's about helping women who are mothers to create a feeling of confidence. For me that confidence blossoms when we have these **five** elements in balance: work, wellness, contribution, family, and feminine."

The foreword is written by **Dame Sarah Storey** who explains perfectly what the book is about "*While some books will promise quick-fix answers to the challenges ... this book looks at building strong and lasting foundations in your own behaviour and actions, so that you can feel confident and well equipped to tackle the diversity of life as a mother. ... Sherry's approachable and down-to-earth nature shines through and enables the reader to feel empowered and ready for anything right from the very first chapter.*"

Sherry shares her own moving story of family tragedy, near fatal head injury in a racing accident, postnatal depression, and eventually retraining as a breastfeeding counsellor and confidence coach, to run a successful business that provides a perfectly imperfect balance with a happy family life.

Sherry invites 20+ successful mothers and experts to disclose their innermost thoughts on what it takes to be a confident mother in the modern world.

The poignant stories include a dramatic premature birth at 24 weeks, the mum who adopted a baby with Down Syndrome, the mum who felt shame when she raised a fist to her own child bringing back memories of her own abusive childhood, as well as Dame Sarah Storey's tale of combining her role as a full-time elite athlete with being a mum.

The challenges shared by the mums include how to

- Ditch the guilt with confidence
- Deal with overwhelm
- Raise your child's self-esteem
- Set up your own business from home
- Understand your core values to make career decisions with confidence

Buy your copy of **The Confident Mother** at theconfidentmother.co.uk/book.

Sherry, 52, worked for more than 25 years in technology and has two daughters (now aged 13 and 10). She qualified as an NCT practitioner in 2010 and set up her own successful business as a woman's confidence coach in 2012. You can read more about Sherry and how she works with women at www.theconfidentmother.co.uk.

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- Sherry Bevan, 52, has been running her own business since April 2012. She was runner up in the **2014 UK Expert Authority Challenge**, honoured as an **Entrepreneurial Mum in the Bromley Mums' Awards** in March 2015 and nominated for election as **NCT President** in August 2015..
- She is a regular panellist on **BBC Radio Kent** and writes regularly for the award-winning **Birds on the Blog**.
- She is a mum to two daughters, now aged 13 and 10, and lives in Bromley, Kent.
- She previously worked in technology for professional services firms.
- Outside business, Sherry Bevan is well known in the local community as an active NCT volunteer and leads absolute beginners courses for Petts Wood Runners.