

MEDIA RELEASE

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Mornington Peninsula Business woman Margaret Foley named as a Finalist in National Awards and Co-Author in a new Book to be released 1st September 2022



FOR IMMEDIATE RELEASE

Margaret Foley of Queen of my Own Universe has been named as a finalist for the AusMumpreneur Awards in the Online Communities category.

The AusMumpreneur Awards presented by The Women's Business School celebrate and recognize Australian Mums in business achieving outstanding success in areas such as business excellence, product development, customer service and digital innovation. The awards are designed to recognize the growing number of women who successfully balance motherhood and business in a way that suits their life and family.

Margaret lives in Frankston on the beautiful Mornington Peninsula. At age 49, she experienced physical, mental and emotional burnout was hospitalised again (3rd time in 5 years) suffering Burnout - physical, mental and emotional as the demands of being single mum in a highly stressful job as a Senior Vice President in a software company working 60+ hours per week during Covid and supporting 2 children with complex mental health challenges on her own became too much. Through meditation, mindfulness and spiritual teachings Margaret healed, taking pieces from different sources that resonated with her. She realised how dramatically life can be transformed when you cut through the jargon, reduce the hippy-dippy stuff and connect to Self. Margaret knew that there were so many women out there like her, barely surviving after a lifetime of trauma, abuse, stress, overwhelm, mental health battles and more and that it was her role in the world to be a voice for these women.

Margaret founded Queen of my Own Universe, a Life and Mindset Coaching business for women. Through Queen of my Own Universe, Margaret works with women seeking guidance to overcome trauma, abuse, burnout and dissatisfaction with their life at any age. Empowering women to believe that everything they need to live happy, fulfilled, aligned lives is already inside of them and walking them home as they flourish and thrive is her soul's purpose.

About Queen of my Own Universe

Queen of my Own Universe (QOMOU) is dedicated to helping women uncover and step into their full potential, empowering them to connect to their inner wisdom, strength and power and live in alignment with themselves. QOMOU offers online and in person 1:1 personalised life coaching, group coaching programs, Women's Circles, Vision Board workshops, mindfulness programs and mentoring. QOMOU is committed to making mindset and spiritual self connection relatable and accessible to all women, taking away the "woo-woo" factor and bringing it to the everyday woman. Margaret creates impactful tools and techniques that take only a few minutes a day so even the busiest, most overwhelmed woman can see that she can change her life while she is busy living it.

Margaret is delighted to be named as a finalist and is proud of her achievements, particularly setting up and selling out multiple women's circles throughout the Mornington Peninsula, co-authoring a new book, Goodbye Busy, Hello Happy being released on 1st September and launching affordable Workplace Wellbeing programs for small to medium sized businesses.

It can be challenging to be a successful business woman whilst raising a family and Margaret gives this advice for others thinking about starting their own enterprise "It's important to follow your heart and do what you love, making sure that you've considered and are prepared for the financial impact of the early days, and have a great support network and if possible a coach or mentor".

Read more at www.ausmumpreneur.com. The winners of the AusMumpreneur Awards will be announced at the AusMumpreneur Awards Gala Dinner in September.

For more information on the AusMumpreneur Awards visit:

www.ausmumpreneur.com or contact awards@ausmumpreneur.com

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