



Melissa Clampitt

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bio

Melissa is a guide for high-achieving yet overwhelmed moms - women that want to do it all but are left stressed out, unsure about how much more they can take. She supports them to drop the supermom facade so they can actually start to enjoy their life, live in alignment, and experience more ease and joy! She is also a podcast host of The Reawakened Mom Podcast, dynamic speaker, wife and boy momma to three.

suggested interview topics:

- How to Drop the Supermom Facade
- The 5 Steps to Finding You
- How to Create More Harmony in Your Life
- How to be more Present on Purpose

suggested interview questions:

- Tell us a little bit about your journey into what you are doing now.
- At what point in your motherhood journey, did you start to feel lost?
- How do you help moms drop the Supermom Facade?
- Why do you think we start to lose ourselves at some point in our lives?
- Why do you talk about harmony vs balance?