



YOUR WORKING MUM TOOLKIT

ESSENTIAL #2

# ASKING FOR HELP

BUILDING YOUR SUPPORT TEAM &  
AN EQUAL PARTNERSHIP

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# 'ASKING FOR HELP' WORKSHEET

This working mum toolkit essential, Asking For Help, is one of the hardest and often the most critical. It goes back to the basics... you have to be willing to ask for help and open to receiving it.

We're strong, independent women and I know many of us pride ourselves on being able to do it all. The truth is though that having it all and doing it all are two very different things. If we live our lives trying to do it all, it's a recipe for exhaustion and even burnout.

## Asking for help from friends, family or paid professionals

To have it all, whatever having it all means to us, we need to build a team around us. That team might be made up of friends and family that we ask for help. Or they might be people who we pay to help us - a babysitter or cleaner for example.

When it comes to paid help, asking yourself these three questions will help you identify what you could delegate or outsource:

1. Does this task require my specific skill set or unique knowledge?
2. Could an expert do this better task more efficiently and/or effectively than me at less cost?
3. If I could free up some time by not doing this task, how would I use this free time?

The important thing is to make sure you're playing to your strengths and using the time you have wisely.

### TO DO:

Think about who you need on your team to be at your best at work and at home. A friend or neighbour to do a babysitter swap with, a food delivery service, an accountability partner to keep you motivated and on track with whatever it is you are wanting to achieve, or a shoulder to cry on when everything feels too much?

Write a list and next to each jot down the names of one or two individuals or services who might be able to help. Reach out to them. For paid services, you can always ask other mums in the WHM Group for recommendations. You can find us here:  
<https://www.facebook.com/groups/WorkHappyMums>.

# 'ASKING FOR HELP' WORKSHEET

## Building a true 50/50 partnership

No relationship is perfectly split down the middle 100% of the time. And you may even want to be the default parent - the one who drops everything to pick up a sick baby, is at every doctor's appointment, manages the schedule and all the logistics.

But guess what, you definitely don't have to be. Your partner can step in and do pretty much everything aside from breastfeeding (and they can definitely give a bottle of pumped breastmilk!).

When it comes to our partners, it's not about help. It's about parenting. Together. It's about figuring out how you both can have careers, be great parents, and continue to care and support each other. It's about coming **Breadsharers**.

### TO DO:

Find some time with your husband or partner when it's just the two of you (bonus points for getting a babysitter, but it still counts if baby is just asleep!). Share with them that you want to talk about your career and role as a mum.

Use 'I' statements (I feel..., I think... I believe... this is not about blaming!). Be inquisitive. Ask how they are feeling as a parent. How is it impacting them at work? What do they see as their role now that they have children?

This step is often the most important to your career success. Can you do it without your partner's support? of course. Does it make it a darn sight easier when they are invested in not only their career but yours? Absolutely yes!

One of my favourite scenarios to play out in these conversations is simply what happens when baby is sick. If the assumption is that you stay home, the question is equally simple - why do you feel that is always going to be the case? This very realistic scenario that will inevitably happen and is a great opportunity to start the conversation if you are feeling stuck.

Work Happy Mums is the go-to resource for return-to-work professional women and career advancers. We help women get clarity on what they really want from their career after having children, enhance their skills, rebuild their professional confidence, and successfully navigate career and family to be the best they can be at work and at home. For more info visit [workhappymums.com](http://workhappymums.com) and pop on over to the WHM group find your tribe of oh so fabulous career- and family-focused women on the same working mum journey as you.