



Successful Mamas Summit

Maruxa Murphy with Special Guest, Jenny Flintoft



Jenny Flintoft set up her own successful training consultancy *Rock Solutions* in 2002. This led to the great privilege of traveling and working across the world, helping leaders and managers get the best out of themselves and their teams.

Through hearing from different women in different circumstances, yet all with similar issues, Jenny decided to launch a new business especially for them. *Vitalized Women*, which will be launched in September 2009, is designed to help **all** women - whatever their story - with the juggles of life.

Vitalized Women is packed full of tips and resources which are designed to help all women to stay confident, energized and encouraged - whatever their circumstances!

Alongside all of this, Jenny is married with a 4-year-old daughter and Baby No. 2 due in Spring - so she absolutely practices what she preaches! She can often be found with glue and glitter in her hair whilst typing at her laptop, but those are just the perils of being a Work at Home Mom. ☺

Find More about Jenny Flintoft at:

www.rock-solutions.com

Maruxa: Hello there, everybody. My name is Maruxa Murphy, founder of *Momprenaire.com* (<http://www.momprenaire.com>) which, as you know, stands for “mom entrepreneurs with million-dollar mindsets.” I am so excited that you are here today for our *Successful Mom’s Summit* because, as you know, we are profiling and connecting with mom entrepreneurs who have been there and who have done that. We all know what this means, right? It means having gone through the peaks of having a business and enjoying life as a business owner and sometimes those valleys as well, and how they have overcome those valleys to get back into the place where they are feeling their best. They are doing that, plus having and raising a family and looking at success in those areas.

Today, I have the pleasure to connect you with Jenny Flintoft, whom I actually started to know through my favorite social media, Twitter, and whom I’ve had the pleasure of connecting with through one of our mutual mentors, Carrie Wilkerson. Jenny, are you on the call?

Jenny: I’m here. Hey, Maruxa.

Maruxa: It’s so good to have you here. You are such a bright light.

Jenny: It’s an honor to be here. Thank you so much for inviting me.

Maruxa: I know we have never met in person, but you have such a bright light around you that you inspire so many other moms and women, in general. I’ve heard about you from numerous people over and over again because of the light that you bring to any space that you are in. You even see it in your tweets.

Jenny: That’s so kind of you. Thank you so much.

Maruxa: I know we have a limited amount of time, so I want to get started on today’s call.

Jenny: I can’t wait to chat with you and hopefully inspire the mothers out there in terms of who they are, what they can be, and what success can look like to them. There are many levels of success and, essentially, we shouldn’t measure ourselves against one another. We should measure ourselves against ourselves. I’d like to just talk to you and answer your questions.

Maruxa: Thank you. To get us started, would you share with our listeners more about you and what inspires you every day?