

Employer Course Invite Template

Subject Line: [Your Company Name] Is Supporting Your Time, Focus, and Balance — Starting Now

Dear Team,

As part of our ongoing commitment to supporting our employees — especially working parents — we're excited to offer access to a powerful new resource:

Time Mastery for Working Parents — a self-paced online course created to help you take back control of your time, reduce stress, and create routines that work.

Designed by educator and certified coach Shah Paree, M.Ed., this course was built for real life:

- Just 10 minutes a day
- 12-week flexible structure
- Tools for work-life balance and mental clarity
- Downloadable planners and weekly resources

Your Exclusive Discount Code:

Use code: [INSERT CUSTOM CODE] at checkout to save [XX]%

Enroll here: www.momsstudyhabits.com/courses

Whether you're feeling overwhelmed, trying to juggle it all, or just ready for more calm in your day — this course was made with you in mind.

Let us know if you have questions or need help accessing the program.

— [Your Company's HR or Wellness Team]