



ELIZABETH CURTISS

NO QUALMS MOM
CEO AND FOUNDER

<https://noqualmsmom.com>

ABOUT ELIZABETH

Elizabeth's wish is for all moms to savor life and have homes that serve them (not the other way around).

Elizabeth is a mom of two girls (6, 17), a wife and a connector of friends.

She is passionate about helping women find their own version of a life well lived. She has applied her expertise in business principles like teamwork, time management and efficiency to optimize home life.



CONTACT & FOLLOW

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ABOUT NO QUALMS MOM

No Qualms Mom was founded in 2018 to inspire women to lead fulfilled, joyful lives.

The NQM tagline offers the why and how behind our mission: Hone the home, Liberate time, Enjoy life!

NO QUALMS MOM FOCUS

One key NQM focus is household refinement because once it's fine tuned, time is freed up which in turn allows readers to spend time on things that really matter:

- personal fulfillment
- passions and growth
- deeper connections with family
- community



AUDIENCE

Our Audience is 99% women who are upscale and range in age between 27 - 54 years old. Their interests include interior design, eating well, entertaining, parenting, organizing, fashion, travel and health.

OPPORTUNITIES

SPONSORSHIP: work with Elizabeth on a post series or product highlight tailored to NQM readers

SIDEBAR ADVERTISING: limited space is available for 1-3 month period

GIVEAWAYS AND PROMOTIONS: features on Instagram, IG Stories and website

EXPERIENCE & TOPICS

SKILLED KEYNOTE SPEAKER AND INTERVIEWEE.

Topic Ideas:

- time management
- optimizing households
- family workload distribution
- easy entertaining with style
- resilient childrearing
- fulfillment, joy and self care
- healthy body & mind
- interior design

PROFESSIONAL STANDARDS

Elizabeth understands how crucial excellent sound quality is for an interview. She records in a private office, on a Cardioid Condenser microphone and has an optional lapel microphone. Highest standards are adhered to: reserved time blocks are firm, great care is taken to avoid background noise, interruptions and mute annoyances like phone notifications.