



Charlotte E. Avery is Mythikos in every way! As with every Mythikos mom, even when she is frazzled, drained, and feeling drab, she is completely fab. Thanks to some of Hollywood's most popular starlets, the term "mother" is much more glamorous today than it has ever been. This modern day matriarch embraces that glam factor and takes on the journey of motherhood with a keen sense of who she is and what she wants. No matter how she feels, she completely goes for it. Charlotte has proved that motherhood does not have to be a barrier to making your dreams come true. Consider the fact that when she started Mythikos Mommy, this 4'11" mother of 5 and wife of 7 years simultaneous held two senior positions in thriving corporations as Chief of Household for the Avery Family and COO of her husband's company. Now consider the fact that she still holds those positions along with being the CEO and Founder of Mythikos Mommy and you will have to agree that she is unrivaled in her Mythikos-ITY!

Charlotte is extremely passionate about inspiring mothers across the globe to "stay FABULOUS through motherhood". The trenches of motherhood are filled with diapers, bottles, nursing pads, sleepless nights, stretch marks, less-than-perky breasts, shedding hair, messy houses, loud children, boo-boos to kiss, tears to wipe, loads of laundry to wash, fold, and put away, and a host of emotions that only another mother can understand. This is enough to drive the average person crazy! However, Charlotte's goal is to create a movement of Mythikos Moms who know that in spite of all that the journey entails, to be less than fabulous is completely and utterly unacceptable. In fact, the Mythikos (fabulous) factor is a tool for survival. It's not just about how you look on the outside, but about how you feel on the inside.

Before embarking on the journey of motherhood, Charlotte received a Bachelors of Science degree in Therapeutic Recreation from Hampton University and a Master of Sports Science in Sports Medicine from the United States Sports Academy in Alabama. She also achieved a Certificate of Biblical Studies from Calvary Bible Institute in Washington, DC. Those achievements plus her personal mantra:

- ☞ God and family FIRST. This is NOT an option.
- ☞ Mommy is not spelled P-E-R-F-E-C-T. Give yourself a break.
- ☞ Whoever said that motherhood means putting yourself last all of the time LIED! Make time for yourself. Your family will love you for it.

Makes her a Mythikos Mommy with whom we can all relate!