

Group Coaching Program for New Moms

If you've recently become a mother, this Coaching program was designed specifically thinking of YOU. Designed by a mother, life and wellness coach and meditation teacher, this program can help you **consolidate your new identity and overcome the physical, emotional and mental challenges that arise with motherhood.**

Challenges such as body image, feelings of loneliness, confusion at a professional level, difficulties in achieving goals and managing your time, stress, lack of purpose, focus, energy, amongst others.

I want to help you lay a solid foundation for your well-being. **Help you have the time and space to clarify where your value lies, regain your self-esteem, motivation and, above all, feel supported by your community on this journey full of highs and lows.**

This program consists of 9 online practical sessions where there will be room for **sharing, learning and self-reflection**. In each session, tools and exercises will be given to help you reflect, resolve and better manage each of the topics. The intention is to help you put new healthy habits into practice and to empower you to live a purposeful life.

Because a happy mother is the foundation for a happy family.

TIMELINE & CONTENT *(Times shown are for GMT+1)*

1. **26/09/22 from 17h to 18h30** – Introductory session: Intro to the model of holistic coaching, structure of the program, introductions and group sharing

2. **28/09/22 from 17h to 18h30** - Physical recovery: Pelvic Floor, Diastasis and Scars → session given by physiotherapist Vera Braga da Costa
3. **07/10/22 from 17h to 18h30** - Body image: How do I get back in shape and how can I deal with the changes in my body?
4. **12/10/22 from 17h to 18h30** - The realm of emotions in motherhood, its impact and how to release what no longer serves me
5. **19/10/22 from 17h to 18h30** - Increasing vital energy: How do I regain energy and motivation?
6. **26/10/22 from 17h to 18h30** - Reborn as a Mother with love and trust. The importance of self-compassion, self-confidence and intuition.
7. **02/11/22 from 17h to 18h30** - The realm of the mind. Session dedicated to the practice of meditation as a tool to manage worries and stress
8. **09/11/22 from 17h to 18h30** - Identification of each individual's new hierarchy of values and priorities and its impact in all areas of life
9. **16/11/22 from 17h to 18h30** - The consolidation of the new ME and a look into the future. Where is my worth?

BONUSES:

- Free access to the weekly online meditation class (usually Mondays at 5pm but always confirm on Instagram weekly or directly with me as the time might slightly change to accommodate the ongoing courses and national holidays)

- One introductory Clinical Pilates class online with physiotherapist Vera Braga da Costa on the 03/10/22 from 17:00 to 18:15. *The class will be given exclusively to this coaching group.*
- WhatsApp community group where you can share your challenges and your triumphs
- Unlimited email correspondence with me in between sessions

CONDITIONS:

There is a limit of 6 participants for this program and to open the program there needs to be a minimum of 3 enrollments.

During these sessions it is asked for the mom to be alone in order to get the best out of the program.

PRICE: €180.00

Early bird price until the 31st of August: €162 (-10%)

To guarantee the enrollment, either payment in full or a deposit of 50% will be required. The remaining balance must be paid by the 20th of September.

If you have registered but the minimum number of participants to open the program is not met, the full amount will be immediately refunded.