

VIBRANT MOTHERHOOD

3 DAY FOUNDATION PROGRAMME

Vibrant Motherhood takes you from the traditional approach of worrying about being the 'perfect' mother and raising your family in the 'right' way to the joy and liberation of being uniquely you and knowing what's right for you and your family.

Vibrant Motherhood empowers all members of a family and allows everyone to be uniquely them and realise their true potential.

Giving yourself permission to stop trying to fit yourself and your children into someone else's idea of the perfect family really does bring instant relief. You stop worrying, stop feeling guilty, stop doing things a certain way because you feel you should. You have more energy to find out what works for you and your children. You shift from the 'drudgery' of motherhood to enjoying life together again.

Seeing and connecting with your children as vibrant, whole and unique, rather than vulnerable little people who need us to teach them about the world and keep them safe, opens the door to co-creating with them your life together.

IT IS TIME! For the world to truly value motherhood and recognise that it is the fabric of life.

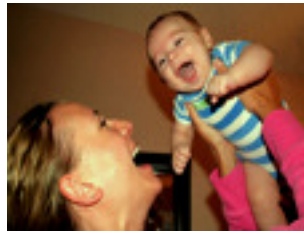
IT IS TIME! To liberate mothers and children from the stranglehold of all the definitions, rules and judgements dictating what makes a good mother and how families should be.

IT IS TIME! For mothers to do what only they can do - reclaim motherhood - for themselves, their children and the world. Motherhood is a unique experience for every mother, every child and every family.

So where do you start? By being open and willing to explore new ideas, play with different perspectives, let go of old ideas and beliefs that are not serving you and rediscovering the true you.

During this transformational, experiential 3 days we go right back to the heart of motherhood – you as a vibrant, unique individual. From there you learn to access your innate knowing and connect with your children in whole new ways.

You will enjoy powerful conversations – coaching – teaching – whole group exercises – paired exercises – and whatever else feels right in the moment. Not forgetting lots of laughter, play and fun!



The first two days of this programme run consecutively to ensure you have a thorough grounding in this new way of being. The third day follows approximately three to four weeks later.

Between days 2 and 3 you will have a 1 to 1 mentor coaching session to support you as you integrate what you have learned.

3 DAY PROGRAMME CONTENT:

Day 1 – It's All About You!

- Rediscover who you are – reconnect with your unique essence
- Liberate your unique energy
- Learn to access and trust your innate knowing
- Express your uniqueness – speak your truth
- Discover what is right for you

Day 2 – Motherhood Your Way!

- Explore your relationship with motherhood – what it means to you
- Liberate yourself from the rules, advice and judgement surrounding motherhood
- Debunk the myths surrounding motherhood
- Understand how children connect with the world
- Explore what works for you and your children

1 hour 1 to 1 telephone mentoring session

Day 3 – Connecting Vibrantly With your Children

- See who your children really are
- Vibrant listening
- The power of 'choice'
- Co-creating your family with your children
- Play with real examples from the group
- Taking it forward

PROGRAMME FEES:

3 Day Foundation Programme

£200.00

Once you have completed this Foundation Programme you will be able to attend follow up events. These half or 1 day workshops and gatherings are designed to help you continue your voyage of discovery, sustain this powerful new way of being and build a strong community of Vibrant Mothers.