



Week 1: Limiting beliefs around motherhood: permission to thrive

Without even realising it, many of us are subconsciously not giving ourselves the permission to engage in self-care, because of limiting beliefs around the ideal mother or the sacrificing nature of motherhood. This week we will explore what we truly value in other mothers and how we expect a mother to be. We will dig into whether or not that is in line with how we want to feel every single day. You will also explore the possibilities available to you via an exercise called the future diary. Finally, we will look at grief in motherhood. All these exercises are a very important first step in your transformation towards a mum who is doing more than “just coping”.

Week 2: Your strengths in motherhood

With the help of an online test called the VIA character strength test, we will explore your top character strengths and see how you can implement them in your life as a mother. Many of us forget our strengths when we become mums, consumed by everyday chaos and stress. Revisiting and exploring them gives us a boost of positivity and hope, and allows us to live a life in line with who we are. This is essential to our wellbeing.

Week 3: Managing stress and overwhelm

The unpredictability and volatility of those early years of motherhood can be overwhelming, let alone the weight of the responsibility we constantly carry on our shoulders. This week we will explore specific techniques that are proven to help reduce stress, starting with the wonderful tool of the breath.

Week 4: Sleep – more than just a dream

We never valued sleep as much as when we had to give it up to take care of our newborns. For some of us, sleep is still elusive, even after that newborn phase. We will look at what exactly we need to create the conditions for a restful night, so that we wake up feeling refreshed and ready to start the day.

Week 5: Whatever moves you

Doing a gym class might be the last thing on your mind when you feel exhausted. Yet movement can give us energy. We will look at exercise through a different lens. It doesn't have to be a gym subscription nor a high-intensity interval training. Get concrete ideas on how to move your body, starting tiny.



Week 6: Food: more than just energy

Less time, not enough headspace, and a sweet tooth that just won't go away – does this ring a bell? This week we will look at how we can eat in a way that gives us energy and identify easy and powerful steps to take. We will cover the basics of nutrition so that food becomes more than just a source of energy for you. We will also touch on emotional eating.

Week 7: (Re)connection

Sometimes it's less about what you do and more about what you experience. Many mums don't feel connected with the people around them and don't nurture relationships other than the one they have with their child/children. In addition, we will look at doing things that bring you joy- they don't have to be big or take time.

Week 8: Your unique self-care plan, with a touch of self-compassion

You've now done a lot of work on the five major pillars of wellbeing: Nutrition, Movement, Stress, Sleep and Relationships. This week we will create and visualise your ideal day. We will also talk about self-compassion, one last element for your toolbox.

From “just coping” to feeling more like yourself again, in just eight weeks.