



A 6 week live coaching experience for working mothers

This is for you, the mom who is constantly wondering if you are doing enough.

You give your all at work, and then come home, you are so exhausted and want to give even more to your child.

You are showing up with so much love, even when on the days you are running on empty...which is almost all the time

This small group experience was created with you in mind.

If you are longing to raise confident, emotionally intelligent, grounded children, *without losing yourself in the process*, you are in the right place.

If you are ready to parent with more connection, clarity, and calm and let go of the guilt and overwhelm that comes with juggling it all, then I would be honoured to walk this journey with you

Course details

- **Day of the week:** Saturday
- **Time:** 08:30 AM – 09:45 AM (75 minutes)
- **Duration:** 6 Weeks
- **Location:** Live Zoom (link will be sent upon registration)

What you can expect

Over six weeks, we will combine science-backed insights with real life tools, so you can show up with greater presence and confidence and parent from a place of intention instead of exhaustion.

Each session builds on the last to support both your growth and that of your child.

Each week, you will also receive a personal reflection workbook to guide your learning, deepen your insights, and help you integrate what we cover into your everyday life

WEEKLY OUTLINE

Week 1 | Introduction & intention setting

Understand the Parenting for Success framework and set powerful, personal intentions for your journey.

Week 2 | Making sense of your parenting story

Explore how your upbringing, beliefs, and patterns influence how you show up and how to shift what no longer serves you and your relationship with your child

Week 3 | Parenting for emotional intelligence

Support your child's emotional growth and learn tools to manage your own emotional world with more ease.

Week 4 | Parenting for relational success

Help your child build meaningful relationships, communicate clearly, and navigate conflict with care.

Week 5 | Boundaries rooted in values

Learn how to set consistent, values-aligned boundaries that build trust, safety, and self-discipline.

Week 6 | Playful parenting & reflection

Reconnect with the joy of parenting through play, and honour the growth you have experienced along the way.

Your investment

- R 2500 once-off
- Or R1 350 x 2 monthly payments

You work so hard to give your child the best possible start in life. You don't have to do it alone.

Let's walk this journey together.

Ready to begin? Just let me know and I will send you the next steps.