

## Ascending Motherhood Coaching

Ascending Motherhood coaching specialises in supporting women through the challenges of motherhood. Returning to work can be difficult for a variety of reasons and many women experience a lack of confidence, struggles in managing expectations of themselves, balancing life and work and they feel they need support in realising what their strengths and abilities are upon returning. Coming back into the work environment can be difficult as staff may have changed, projects have evolved, and it can create a feeling of uncertainty. Relationships change and there can be a difficulty in establishing a way forward. Often difficulties only arise once a mother has returned, and women can feel overwhelmed or a lack of motivation.

Mothers want to feel supported and confident, so they are more fulfilled and happier at both work and at home. Coaching provides mothers with the opportunity to discuss their concerns and equips them with the strategies, fresh perspective, and confidence to feel comfortable, and in a position to enjoy work, be productive and apply their skills and strengths back into the workplace and team.

If the above resonates with you, you are not alone, I work with mothers who experience difficulties and feel a variety of emotions but want to make change to enjoy their lives at home and at work. I support mothers in hearing their thoughts and together we unpick some of the emotions to understand those feelings. I also work with mothers to establish what may be missing, what they are seeking, what support is needed and what plans can be created to move forward.

**About the Coach:** Coaching is delivered by Arabella Ashfield. I'm a qualified ILM level 7 executive coach, mental health first aider, with a PhD in wellbeing and understanding living optimally. I combine my applied coaching skills with extensive knowledge from a background in positive psychology research and I have over a decade of experience supporting high-performing people through transitions, understanding themselves and improving their well-being.

**Coaching Delivery:** Four sessions, one hour in duration delivered online (or in person if requested and agreed by employer), is often a good amount of time to tackle many of the issues being faced but with each session addressing what you, the coachee wants. Prior to starting coaching I have a 30 minute connection call with the coachee, I outline the intentions, how coaching works, and agree confidentiality. We can discuss potential areas which coaching can support and I can answer any questions.

**Timeframes:** The timeframes for each session can be fully tailored to suit the coachee's needs. Some mothers feel they want the sessions evenly spread out, others choose to have session one and two quite close together and then sessions three and four a month apart, I work with the coachee to find the best timings for them. The timing of sessions will be discussed with the coachee in the connection call and in ongoing sessions.

**Feedback:** At the end of each coaching session a client will be asked for feedback regarding whether the coaching is achieving what they want. At the end of the four sessions a feedback sheet is provided to help inform coaching practice and learning. Feedback is also sought from the employer, and it is agreed in advance how an employee receiving the coaching can feed back to the employer about the coaching provided.

**Confidentiality:** Confidentiality is fundamental to the relationship between coach and coachee, and information disclosed during sessions will not be fed back to the employer. Updates to the employer will involve the progress being made and any further detail would be at the discretion of the coachee and with their consent.

**Next steps – a scoping call:** Arranging a scoping call with the employer and the prospective coachee ahead of starting coaching allows for everyone to meet and understand the role of coaching. Confidentiality is outlined and any questions can be answered.

**Contact Info:**

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If you would like to learn more about the coaching I offer please take a look at [www.ascendingmotherhood.com](http://www.ascendingmotherhood.com) or my LinkedIn profile at [www.linkedin.com/in/arabella-ashfield](http://www.linkedin.com/in/arabella-ashfield)

I am passionate about supporting women through the challenges of motherhood and below you can see some of the testimonials from my clients.

“During the session you challenged me to think about my return to work in a different way. One of the first things you encouraged me to do was acknowledge that I had been through a big life event and had taken the longest time away from work since my career began. It seems obvious but I hadn’t considered this before, and this was very helpful.”

*Alice, Campaign Manager.*

“Arabella provides a valuable external view away from work culture, family history etc. to help overcome preconceptions and mental blocks. Arabella has a real skill in her abilities here, as well as empathy and life experience to provide such guidance and counsel.”

“Arabella has challenged my thoughts in a really positive, non-judgemental manner and this type of support when returning to work after maternity is both rare and extremely helpful!”

*Lauren, Senior IT executive.*

“Recapping and summarising as we went through the session was useful for me to hear my thoughts reflected back, helped highlight key points, and enabled me to clarify if something wasn’t quite right.”

“I have taken some time to reflect on the key themes that emerged and it has been helpful to be able to express in words to a colleague that I am in a period of transition over the coming weeks. I do feel calmer and more secure about navigating the coming period of transition.”

*Alice, Campaign Manager.*