

## Coaching for a happier journey through motherhood



### Expectant Mother

**Prepare for motherhood;** take time to think through your thoughts, feelings and potential anxieties of becoming a mother. Discuss changes in identity, moving away from work and how to communicate with your employer. Plan for upcoming changes and create strategies to enhance your well-being during your expectant mother journey.



### New Mother

**Space to talk;** discuss your feelings, anxieties, and concerns. Find ways to improve your well-being and manage the challenges you face. Consider thoughts about returning to work and making the right choices for you and your family. Create plans for your remaining months of maternity leave and a smoother transition back to work.



### Back to Work Mother

**Planning and managing your return;** outline your concerns for home and work, make sense of your feelings, work through your thinking and create sound plans for each step of your return. Reflect back on your journey and be empowered by a new understanding of your skills and strengths.



### Flourishing Mother

**Time for me;** reconnect with your identity, values, passions and where you want to head next, whether this be with your career, well-being, or personal ambitions. Air your thoughts, feelings and reflections, and be challenged to find new strengths to craft your flourishing motherhood.

Contact me to discuss what support could look like for your employees.

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