

# Program Details

## Mastering Working Motherhood

Designed specifically for the career-oriented new mother, this program goes deep into mindset shifts and career planning.

Mastering Working Motherhood is a coaching program that laser focuses on achieving work-life harmony for the busy working professional mother, offering targeted coaching on personal goals and professional goals that *fit together*. This futureproofs your career, laying the foundation for continued career and financial advancement, and the flexibility you desire. This program includes a Human Design assessment.

### program goals

The goal of Mastering Working Motherhood is to allow the busy working professional mother the ability to design her life. This means targeted goal setting for both home life and personal life, leveraging her natural strengths - achieved through a comprehensive Human Design assessment. Along with goal setting, this program leans heavily on the science of Change Management to plan for, execute, and sustain positive change in the mother's life. The goal is to understand, assess, shift, plan, and change various aspects of her life to allow for all parts of her identity to exist harmoniously, resulting in less friction, less stress, and less competition between the two worlds of work and home.

This program doesn't just address the short term needs, but arms the mother with tools, skills and techniques to be able to continue to live a harmonious life as her life shifts and evolves.

### how it works

- Apart from a 90 minute initial coaching session, all sessions are 60 minutes in length, scheduled according to mutual availability (7 coaching sessions total)
- Coaching sessions are scheduled on a bi-weekly basis (one session every other week over the span of 14 weeks), according to mutual availability
- Human Design assessment will be conducted by Molly Ziraldo, certified Human Design Reader ([www.mollyziraldo.com/human-design](http://www.mollyziraldo.com/human-design)). This is a 60 minute session that takes place in addition to the 7 re-mom coaching sessions
- If you are located in the Greater Toronto Area (GTA), you may schedule 2 in-person coaching sessions
- After the initial coaching session, the first 15 minutes of each session will be spent reviewing the last session's reflections, action items and updates
- Coach may request you to complete homework or reading assignments between sessions
- Action planning is a core component of all re-mom coaching packages; you are accountable for following through on mutually agreed-upon action plans that align to your goals

investment | \$3499 CAD + HST

payment options available upon request