

Program Details

Open Coaching

Open coaching engagements include five coaching sessions around the topics of your choice. When it comes to working motherhood, there are many possible areas you may need support in: confidence in yourself and your career; perfectionism; relationships and support systems; your new identity as a working mother; work/life harmony, to name a few.

You drive the conversations, and we provide the support and drive the change.

Note: Open Coaching uses a matricentric approach - meaning, we focus on the mother only. We do not focus on parenting, child rearing, or post-partum support.

program goals

The goal of the Open Coaching program is to provide you with objective support and guidance in understanding and changing specific aspects of your working motherhood experience that aren't working for you. This is achieved through providing a safe, non-judgemental space where we can work together on mindset, goal setting, and change plans to achieve goals and establish long-lasting positive change in your life. re-mom's goal is to give mothers a chance at work-life harmony and a life they truly enjoy.

how it works

- Coaching sessions are 1 x 90 minutes (initial session) + 4 x 60 minutes in length, scheduled according to mutual availability (5 sessions total)
- Coaching sessions are scheduled on a bi-weekly basis (one session every other week over the span of 10 weeks), according to mutual availability
- Coaching sessions are held virtually via Zoom or Teams
- Each coaching session's main focus of conversation will be driven by you, on a topic of your choice
- 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 | \$1199 CAD + HST

payment options available upon request