



WomanMpowered Presents WOMAN AND MOTHER SERIES WORKSHOPS 2008

Did Someone Say GUILT?

Everything changed – suddenly - when we became mothers. Guilt, self-doubt and all out “I-don’t-have-a-minute-to-myself” seem to be the norm. We’re often running around meeting everyone’s needs with the to-do list that seems to grow faster than our children! It’s time to stop the mommy madness. When you are grounded and centred, your family will take your lead. Join us for this interactive workshop to explore:

- ♀ how, as moms, we are under constant pressure from our culture to ‘do it all’
- ♀ letting go of what we can’t control
- ♀ how to develop strategies to be grounded and centred while navigating our way through motherhood

Self-Nurturing for Busy Moms

As women we often learn to care for everyone else first, but who is taking care of us? What do we need for our own well-being? We are experts at nurturing others, and will do so until we are ill, exhausted or forget who we really are and what our needs are. It’s no wonder that in a recent survey, 66% of moms said that they don’t have time to take a shower or bath and 76% of moms understand that self-care is important but 80% do not apply self-care strategies. Join us for this interactive workshop to explore:

- ♀ the multifaceted nature of women’s health and well-being
- ♀ identifying your own self-care needs
- ♀ how to develop a plan to meet your self-care needs

To Work or Not to Work, That is the Question

You’ve been mulling it over in your mind. You are enjoying being with your baby during your maternity leave, but you also miss the “adult conversation”, feeling of “getting something done”, leaving the house without baby in tow, and perhaps being acknowledged for what you do! Or you’ve been back at work for a while, but are finding the baby drop-offs, pick-ups, and hurried lifestyle overwhelming. Or maybe you’re thinking of changing jobs because your job doesn’t quite fit with your family life. Or maybe you just want to stay at home to care for your children, but get the ‘message’ from others that this isn’t “work” (ha!). How do you decide what to do about your work-life situation? Join us for this interactive workshop to explore:

- ♀ the 5-minute history of moms in the work force and today’s “double-income” family
- ♀ our culture’s obsession with “work” and being BUSY
- ♀ how to develop a plan to find out what you really want from your work-life and how to achieve it

To arrange for a workshop for your group or organization contact: Ana Flores
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RECONNECTING WOMEN WITH THEMSELVES...