



## Catherine Young, the Soul Mother Coach

### 'Freedom to Be a Soul Mother' Coaching Programme



#### What is this programme and who is it for?

'Freedom to Be a Soul Mother' is a special 6-month private coaching programme for women who want to feel more confident as mothers and more connected to their children (and themselves).

Designed by Catherine Young, this programme will teach you how to honour both your children and yourself when dealing with the numerous challenges of being a mom in today's world. You will develop the skills to respond more serenely to conflicts that inevitably arise between you and your children, learn how to set healthy boundaries in a loving and constructive way, and discover the true significance and impact of your role as a mother.

**This programme is appropriate for women with children of all ages** – even if your children have already grown up and moved out of the house. You can meet with Catherine either face-to-face at her London office, over Skype or on the phone, so you to be a 'Soul Mother' no matter where you live in the world.



#### Why does Catherine have a coaching programme just for moms?

Catherine believes the relationship we have with our mother is possibly the **MOST** influential in who we become. But when we're growing up, this relationship can sometimes be difficult. Later, when we become mothers ourselves, the challenges we faced in our formative years can resurface in our relationships with our children. Our negative childhood experiences can make us doubt our mothering abilities. They can make us feel helpless and confused, stressed anxious when we need to make crucial parenting decisions. We might feel out of control, and things our children say or do may 'trigger' emotional reactions. Thus, no matter how hard we try or how much we love our children, our childhood difficulties can unconsciously pass to the next generation.

**The demands of the modern world make mothering even more of a challenge.** These days, more and more mothers are working, either at a job or in their own business. Whether you are a single mother or have a two-parent household, the demands of work, household responsibilities and mothering can sometimes leave you feeling like it's all just too much. And as you've probably discovered yourself, when Mom is stressed, everyone in the household is stressed.

This is why Catherine specialises in working with mothers. While many mothers believe they need to put their children first, putting *Mom* first is actually the best thing we can do for our families. As Catherine says:

*'If you help Mom feel safe, grounded and self-caring,  
she'll be able to help her children feel the same.'*



## What makes this programme unique?

Unlike many other coaching or counselling programmes, 'Freedom to Be a Soul Mother' does not dwell on dredging up painful memories. Rather, it utilises the system of the **7 Chakras** to *explore, heal and empower* every aspect of who you are:

1. **Root chakra** – The 'root chakra' is the centre of trust and safety. Sometimes, trauma or painful childhood memories can make you feel like the world is a dangerous place. If you want to make your children feel safe, the first thing you must do is find your *own* sense of safety within the world. By working with Catherine to develop your root chakra skills, you will learn how to find that inner place of safety, connection and trust.
2. **Sacral chakra** – The 'sacral chakra' is your emotional centre. It has a profound effect on how you connect with others, express love and experience intimacy. During these weeks on the programme, Catherine will show you how to recognise, befriend and connect to your emotions. The better you know your own emotions, the better you will be able to help your children express theirs.
3. **Solar plexus** – The 'solar plexus' is the place of self-empowerment and confidence. During these weeks, you will learn skills that will enable you embrace life and *enjoy* it more fully. Here, you will discover what it means to 'be in your body' and learn how to awaken your natural intuition. You'll also learn how to recognise your stress triggers, and start learning how to *respond* to – rather than *react* to – emotional conflict. Moms NEED emotional strength; this is where you will start to build it.
4. **Heart chakra** – The 'heart chakra' is the place of unconditional love, joy and compassion for self. The skills you will learn during these weeks will help you become better at giving *and* receiving love. You will also become better able to forgive past transgressions and more ready to heal past wounds, so they don't unknowingly pass to your children.
5. **Throat chakra** – The 'throat chakra' is about heart-centred communication and the ability to speak your truth. The skills you will learn during these weeks on the programme will help you know your true Self more intimately and hear the 'internal dialogue' between your heart, mind and soul. You will learn how to recognise old, unresolved anger and resentments, and how to clear them. Mastering the throat chakra skills will help you avoid 'explosive rage' and 'losing it', even in the most stressful scenarios. It will also help you recognise when your child has 'addictive' habits or tendencies, and teach you how to support yourself (and your children) as you work to free yourself from such addictions.
6. **Third eye chakra** – The 'third eye chakra' is the place of intuition and inner wisdom. During these weeks, you will learn how to unlock the wisdom at your spiritual core. Even if you don't consider yourself a 'spiritual' person, you will learn the art of 'mindfulness' and how to tap into your own 'universal support system'. You will also learn how to notice the signs of spiritual messages in the world around you. Finally, you will learn how to be a spiritual role model for your children, so they can begin to trust their own inner wisdom.
7. **Crown chakra** – The 'crown chakra' is where we can see how we fit into the greater Universe. During this part of the programme, Catherine will show you how to connect with your 'guardians', and how to *feel happy* and full of gratitude. The skills you will learn will help you discover the role you play as 'Soul Mother' in your children's lives and who you really are as a mother, a woman and a human being. Most of all, you will learn how to see your children (and your SELF) as the wonderful beings they already are – and are destined to become.



## How is this 6-month programme organised?

There are 19 private coaching sessions in total, spread out over a 6-month period:

- **Session 1 is our 'Foundations' session (1.5 hours).** This is where we get to know each other and take a detailed look at your personal history. We discuss your current parenting concerns and set intentions for what we'd like to achieve during our work together.
- **Sessions 2-15 are our 'Chakra' sessions (1.5 hours each, at weekly intervals).** We will spend two weeks working together on each chakra, in order. In the first of each 2-week block, you will learn the basic skills for working with each chakra and be given practical challenges to apply in your life right now. In the second week, we'll look at how you did over the past week, and work together to deepen your skills and understanding of that chakra.
- **Sessions 16 and 17 are our 'Strengthening' sessions (1 hour each, at fortnightly intervals).** Once you have worked with all the chakras, we will work together to decide on a set of long-term issues you wish to address or intentions you would like to actualise over the coming months. This is your chance to exercise your Soul Mother 'muscle' in your own way, while still feeling supported.
- **Sessions 18 and 19 are our 'Motivation' and 'Celebration' sessions (1 hour each, at monthly intervals).** As you become more and more experienced in Soul Mother skills, it is essential that you feel confident enough to manage on your own, rather than feeling you need to depend upon your sessions for support. Motivation is something that must come *from within yourself*. The key to not losing motivation is to regularly take stock of how far you've come. During sessions 18 and 19 you'll learn how to do this, so you keep motivated – especially when you feel like you're losing steam. We'll also take time out to celebrate your achievements together, which is vital when completing any transformational process.



## How much does this programme cost?

**The total cost of this 6-month coaching programme is £5,995 GBP (\$9,500 USD).** You may opt to pay in as many as four instalments (please speak to Catherine to arrange this).

⇒ **THIS PACKAGE gives you more than £1,800 GBP (\$2,425 USD) in savings over 'a la carte' pricing for the same services.**



## Are there other options after my 6 months?

**Or course!** Many clients like to meet privately with Catherine on a regular basis, even after their 6-month programme is over. Other options include Catherine's 'Soul Mother Sanctuary' and Soul Mother Retreats', which are programmes for small groups of women who want to delve even more deeply into their roles as Soul Mothers.

**To explore either of these options,** just speak to Catherine when you're coming to the end of your programme.

*Read about Catherine Young on the next page. →*

## About Catherine Young, the Soul Mother Coach



**CATHERINE YOUNG** is a coach and mentor whose passion is to help mothers become confident, conscious parents by connecting to their souls and the souls of their children. Drawing upon her vast background in Neuro-Linguistic Programming, hypnotherapy, relationship attachments, meditation, mindfulness, Reiki, Inner Child Healing and the Law of Attraction, since 2010 she has helped hundreds of men and women overcome childhood wounds, tune into their intuition and meet their true selves – often for the very first time. Known as 'The Soul Mother Coach', she offers her clients an 'emotional toolkit' that helps them replace their anxieties about motherhood with self-confidence and a deep faith in their abilities as parents. She works with clients throughout the world at private treatment room in Weybridge (Surrey, England) and via Skype.

To request a free 'get acquainted session' with Catherine to discuss the 'Freedom to Be a Soul Mother' coaching programme, send a request via the contact form at: <http://www.soulmothercoach.com/contact>

