

# Beingamother Workshop



The Beingamother workshop is the key to managing strong emotions and being happier every single day

Ever said “**I never thought it would be like this!**”? Feeling dissatisfied with aspects of mothering? Feeling guilty? Feel like you’re the only one whose children don’t listen? Don’t cooperate? Tired of being stressed and frustrated? Want to know how to feel happier?

**Techniques are practical, easy to use, & work immediately.**

“I did not get the chance to thank you from the bottom of my heart for the workshop you ran. It was truly amazing the transformation between Ruby and myself.” Juliet

## Contact Betty for dates and venue

Medicare and private insurance rebates available.

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