

## What is the Being a Mother Workshop?

This workshop focuses on:

- what really happens in the world of being a mother
- what contributes to this experience
- how to have better outcomes such as increased joy, understanding of our frustrations and worries, closer relationships with our children and partner, and greater acceptance of ourselves as mothers.
- ongoing support for mothers.

## What does it include?

This workshop provides you with an opportunity to:

- discuss and examine your own experience of being a mother & what contributes to this experience
- understand the sheer transformation experienced with becoming a mother
- learn how to decrease strong feelings of anger, guilt, anxiety & depression.
- reinforce your learning and revisit key topics during follow-on sessions

This is an **eight** hour session, with optional 1.5-hourly follow-on action/support sessions.

## Why was the workshop developed?

The lack of recognition of 'mother's work' even by mothers themselves, prompted the development of this vital workshop.

This workshop targets our thinking, feelings and behaviours to achieve an integrated and effective result for mums.

### To make a difference for mothers

"If this workshop can help mothers shift their thinking and approach just a small amount, then I am thrilled. Some of the simplest questions have created transformational results for mothers, often because they have never been asked or had time to think about it. These mothers have become my biggest fans!" *Betty Chetcuti*

### To acknowledge and talk about our experiences in a relaxed, focused, and outcomes-oriented workshop

Being a mother is the most challenging and important role in our society. This workshop enables mothers to **verbalise their experiences** for it's own sake and also to gain insight into our thinking styles that impact our experience of being a mother.

### To enjoy our time as mothers and with our children

We only have such a short time with our children and want to enjoy as much of this time as we can.

Especially so, given the wise words of experienced parents who often say that these younger years are the best, the most memorable, and the most precious. If we can build a good foundation now, it will serve us well for later years.

### To create our own sense of family

By learning to change our thinking, feelings and behaviours, so they are more appropriate, and help us attain our life goals, we will also be a great role model for our children. This leads to better relationships between parents and children that will create positive family experiences and memories. It will also help shield against the 'tougher' issues associated with educational success and peer pressure in the later years.

## Who should attend?

All mothers...first time mothers and experienced mothers.

This workshop is for **all mothers** especially those mothers who experience any or all of the following normal responses:

- Finding it hard to cope
- Having relationship problems with your partner, more so since the baby's birth
- Feeling isolated, depressed, angry, resentful, guilty, unsure or worried
- Feel like things should be different to how they are
- Feel like you are a bad mother, particularly when your child is not behaving.

These experiences ARE normal, and the facades that we put on and that are reinforced in the media help to keep the experience of being a mother a largely undisclosed topic.

## Who developed the workshop?

Betty Chetcuti is the mother of three young children. Her own experience helped her to identify the need for this workshop. In adopting the principles of her workshop she has further developed her warm, loving and close relationship with her children and other members of her family.

Betty has a Bachelor of Behavioural Sciences (Honours), and a Masters in Educational Psychology, and is a Member of the Australian Psychological Society. She currently works as a psychologist on a range of issues from relationships, stress management, depression, anxiety, anger, work/career issues, communication, and post-natal issues.

## For more information, contact Betty Chetcuti...

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Private health, Medicare Rebates & concession apply.

# The Being a Mother Workshop

I never thought it would be like this!

An exciting workshop to make a difference to the lives of mothers...

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