

# FLEX COACHING OVERVIEW

The *Flex Coaching* package is a three month engagement that includes a total of four 60-minute coaching sessions. Each session will focus on you, the mother, and will support you as you progress towards a definition of motherhood that is in harmony and alignment with who you are as an individual. The work in each session is driven by you and the action steps you take following each session.



In addition to the four coaching sessions, you will have 24/7 access to support via *Voxer*. The work that is initiated in each coaching session will continue through our text and voice memo conversations. These conversations will happen at your convenience. When you reach out, I will respond within a reasonable time frame to allow your growth to continue in-between our scheduled coaching sessions.

The Goal of this program is to support and guide you in developing a new relationship with motherhood that allows you to feel connected to your motherhood identity. You will feel confident, grounded and better prepared to enjoy being a mama.



*"Motherhood is the dawn of your new era."*

EFTYHIA KOULOURIS