

CALM

HELPING MUMS FIND CALM AMONGST THE CHAOS



Laura McAlpine

Health Psychologist & Mum

Kirsten Rose

Health Coach & Mum

We specialise in helping mums take stock of their situation. We'll help you get your body and mind in the right place to cope with the stresses of modern life.

- Identify and cope with your stress and busyness
- Focus in on your own key needs, and learn how to satisfy them without the “mum guilt”
- Create home environments of peace, kindness and nurturing
- Bring fun and focus to the chaos of family life
- Laugh more, yell less!

Over a six week period we will provide you with practical solutions and strategies to regain the calm and collected version of yourself, leaving behind those frazzled and frenzied feelings.

- Weekly one hour interactive group sessions:
 - Values, goal setting & knowing your why
 - Recognising and rewiring your stress response
 - Mindfulness & becoming conscious of your experience
 - Retraining your sleep pattern to be restoring and refreshing
 - Fuelling your body and mind with simple nutrition strategies that fit into family life
 - Exercise and activity that works for you and your lifestyle
- A comprehensive e-book course manual
- Weekly resources to work through in your own time to help you action the changes you want to make.
- A private chat group for your fellow course members to ask questions, share successes and keep you accountable over the six weeks.

WWW.EVEXIA.CO.NZ/CALM-COURSE

Online
Thursdays 7:30 pm
Term 2 starts 13th May
\$350

Warkworth
Fridays 1:00 pm
Term 2 starts 14th May
\$350



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