



CHILLED MAMA'S CIRCLE

**with
Cathy Williams
Chilled Mama**

I see you

I see you

- Serving your community with amazing antenatal and/or postnatal classes and courses.
- Running your own studios or setting up in different halls and spaces.
- Giving parents and parents-to-be balanced, evidenced based information in a relaxed, non-judgemental environment.
- Providing a welcome, a haven, a place to make friends and feel less alone.



what you do is important



You support, educate, and nurture parents

The first 1001 days are important for new human beings. They need love, support & nurture.

You know it's also important that their parents have love, support and nurture. They trust you. They turn to you

Perinatal practitioners like you are creating the spaces & the services parents need, where once were health visitors and children's centres.

Where do you turn? What do you need?

I'm creating a circle for perinatal practitioners like you.

- Hypnobirthing teachers
- Antenatal teachers
- Pregnancy & postnatal yoga/pilates teachers
- Doulas
- Family workers
- Postnatal class facilitators
- Baby massage teachers
- Baby/toddler music/sensory play class leaders
- Postnatal exercise/walk & talk facilitators
- Infant feeding practitioners
- Babywearing folk
- Mental health for parents support

Chilled Mama's Circle is your community.



- Your chance to feel **supported and connected** with like minded people who get it.
- Your space for **learning and reflective practice** to help you feel confident, inspired & on top of the latest research/news.
- Your way to keep **connected to your purpose**, to the bigger picture of nurturing parents so they can nurture their children.
- **Your turn to receive.** You can turn to me and the other members for ideas, reassurance, and to celebrate the amazing work you are doing.

Why am I creating this circle?

I'm Chilled Mama Cathy, a perinatal educator, trainer, and doula. I've been an Early Years teacher, manager of a Sure Start Children's Centre, and more, before setting up my own perinatal business over 10 years ago.

When I managed the children's centre, I gave my family workers opportunities for reflective practice, support and ideas for aspects of delivery of their sessions, and for scenarios that had occurred, or might occur.

You are all doing amazing things, often without any support for your practice and working with families in groups and 1-1

That's what I want to offer you.

This is important work. You deserve support. You deserve nurture. Then you can sustain yourself.

I want to bring us together. Together we can make a bigger difference, in our communities, and in the world.



Professional community for education, support & nurture.

- **Keep up to date.**
- **Feel part of a bigger movement.**
- **Be inspired to enhance and expand your practice.**

FOUR BENEFITS OF CHILLED MAMA'S CIRCLE

GATHERING

peer support

Be part of something bigger. Peer support from those who get the importance of what we all do. Learn from each other. Celebrate and support each other. Share good practice and ideas. Feel inspired.

Gathering at the beginning of each month online.
Ongoing chat forum.

Professional development training and upskilling from myself, Chilled Mama, perinatal educator and trainer, on a range of perinatal topics. Refresh your knowledge, and/or affirm you know what you are doing. Feel confident to answer broader questions, and support your clients. Monthly training sessions, live & recorded, on topics such as co-sleeping, potty training, waterbirth, infant brain development.

MASTERCLASS

training

PERINATAL

TEA CLUB

news & research

Keep up-to-date with news & research updates with monthly bulletin and additional, more detailed briefings on selected ones.

Monthly Perinatal Tea Club to discuss current topics arising from the news/research, such as the caesarean rates, allergies when starting solids.

My door is open, when you need to celebrate, offload, talk through issues, or seek advice from someone who has been supporting families and practitioners for decades. Up to 5 hours of free mentoring with me, Chilled Mama Cathy, an experienced perinatal & parenting practitioner, facilitator, and trainer.

Discuss any aspect of your services, delivery of your sessions, or scenarios you'd like to talk through.

OPEN DOOR

mentoring

Join Chilled Mama's Circle



- Feel part of team, while being your own boss.
- Feel connected to colleagues, while doing your own thing.
- Have the back up of a mentor, and peers, but totally independent.
- Be part of something bigger, and make a bigger impact on your community and the world.

Chilled Mama's Circle is here to sustain you, to inspire you, to keep your mojo humming.

Introductory offer

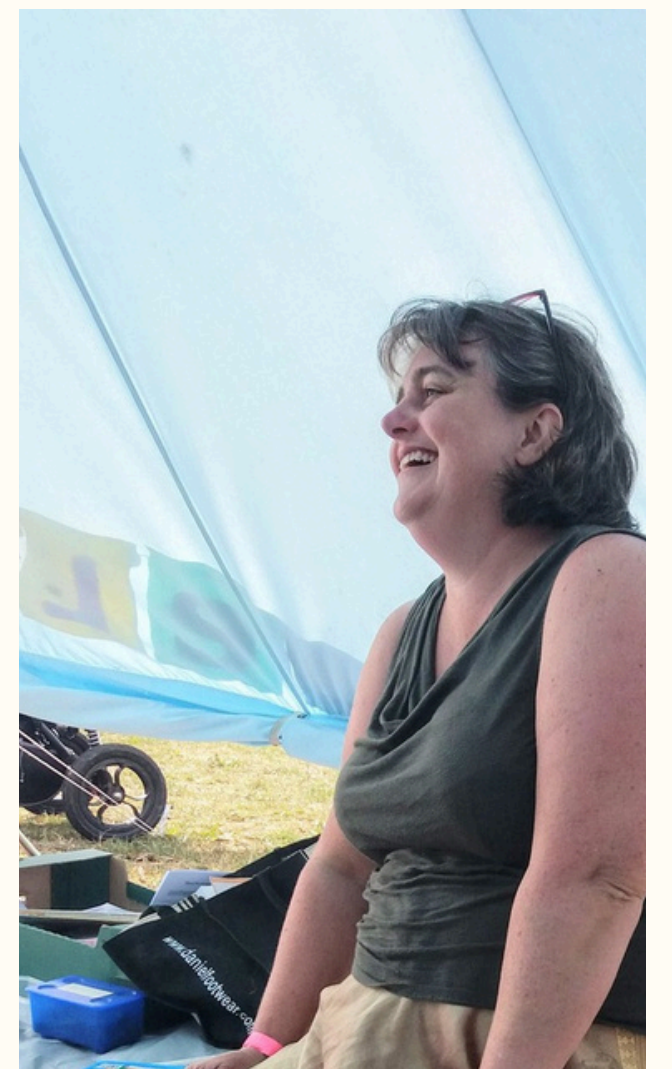
Introductory offer: £29/month or £78/3 months.

Offer ends 5th October. Lock in this low rate.

Standard price: £49/month.

What you get:

- Gathering peer support sessions, monthly, and ongoing chat forum;
- Masterclass training, monthly (live, recorded, pre-recorded).
- Perinatal Tea Club discussions, monthly
- Monthly news and research round up. Additional briefings as and when.
- Open door free mentoring sessions with me, Cathy, Chilled Mama.
- Inspiration, connection, and being part of something bigger.



You can relax, knowing your services are up-to-date, relevant, and you are supported.

- You can join anytime in a month.
- Minimum 3 months, from date you join.
- Cancellation: at least 14 days before next payment.
- Recordings will be available of most sessions.
- Topics and offerings are subject to change, especially as the membership grows, and changes to fit your needs better.
- Five hours free mentoring/year. Can be taken all in one month or stretched over a year. Optional.

Extras:

Business boost

Every member of Chilled Mama's Circle will get a call out once every three months, encouraging people to follow & engage with their social media.

Welcome gift

The first 15 people to sign up to Chilled Mama's Circle will receive a welcome gift in the post: a notebook, homemade finger labyrinth, some herbal teabags, and journal prompts.



You are already running amazing services. I am going to keep saying that because it is true.

I know you want to make a difference in the world. I see you creating services with care.
I know you know the importance of what you do, and the impact it can have on the families, and the world.
I want to support you do do this.

If you were working in a children's centre or part of a 0-19 team, you would have this support & cpd.

That's what Chilled Mama's Circle is for: to give you support, ongoing professional development, so you can to sustain your energy and drive, feel more confident, and we can work together for a more nurturing and connected world.

Are you in?

Chilled Mama's Circle will grow with you, in response to what you need. So do tell me what you need, what your barriers are, what are the gaps in support, training etc.

This is just the beginning. Who knows where this will go.

What will happen if we connect and gather?

If this excites you and you want to chat to me about it before signing up, please message me.

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i, fb, tt, & threads: @chilledmamacathy

