

HYBRID COACHING PROGRAM

Empowered Mother:

Tending the Heart & Home

Let's design a life
that restores you.

[Schedule Your Discovery Call](#)



Your life can be one that nourishes
you just as much as you nourish
those in your life.

Life is a series of cycles: planting seeds, growth, death, and rebirth.
We are not meant to constantly be on.

We are meant to REST.

We are not meant to do it alone.
Nature creates community and sustains itself.
We're meant to be in COMMUNITY.

There is no waste.
We can LET GO of what is not serving us.

The energy that is given is replenished in an ecosystem, all directed
at creating more life.

Your life CAN restore you and you CAN thrive!

Meet your Coach

I know what it is to struggle.

There's a running joke in my family that I like to do things the hard way. I love to pack all my struggles and lessons into the same seasons so I get to learn ALL the things at once. haha

I embodied the disempowered mother for years as I tried to please everyone, walk on eggshells so I wouldn't upset anyone else, watched my marriage fall apart, tried to make everyone else happy, and pushed myself past my limits over and over again. I was drastically losing weight, weaker than I had ever been, I felt horrible, and my life was falling apart around me no matter how hard I tried.

I realized one day that if I wanted my girls to be empowered women and have healthy relationships, then I had to be a good example of that. If I allowed anyone, especially my husband, to treat me poorly then they would fall into the same patterns. I had to save myself. I had to walk away no matter how hard it was.

To top everything off, I went back to school full-time, for a master's in teaching and got a full-time job at an inner-city high school. Stress on top of stress! I spent 2 years trying to have a "real job" so I could pay the bills. I stifled my own success by listening to my fears and not my joy and passion.

2 Years of teaching later, I was let go from my teaching position (hell yes! haha) During Covid I began another teaching job only to run into several red flags (Time to practice holding boundaries)

I quit that job ASAP and leapt back into massage therapy and began to dive into coaching. My husband and I healed our marriage and continue to create and refine our conscious marriage. My journey back to myself has led me here, having created this program to support you in becoming the most empowered, resilient mother and woman possible.

This is the support I wish I would have had during my struggles. May you find the support, strength, resilience, and rest you need to do what is of your highest good.



Together we'll design a life that works for your **UNIQUE** situation, based on your **STRENGTHS & AREAS OF GROWTH**, so you can become the energetic, nourished, empowered, and confident mother you've always wanted to be.

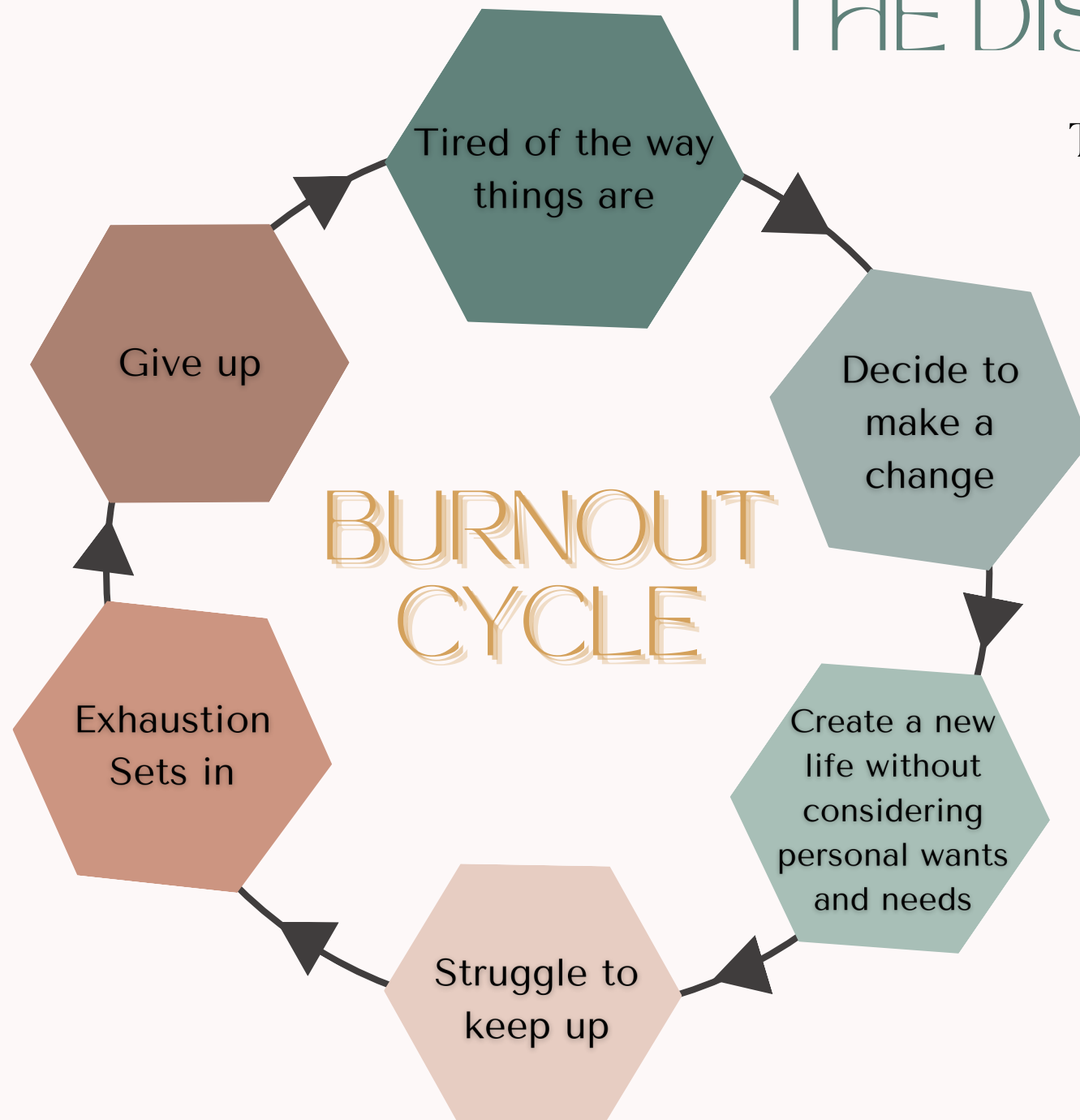
All while deepening your relationship with your kids and partner.

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This is perfect for you if you feel like...

THE DISEMPOWERED MOTHER



Those who are:

- stuck in the cycle of burnout
- struggling with mom guilt and resentment
- judging your self-worth based on how productive you are
- struggling with balancing all the tasks of raising children, being a good partner, creating a sustainable rewarding career, and taking care of yourself
- exhausted
- always trying to make others happy
- ready to make a change
- tired of trying to living a healthy life only to give up
- not sure what steps to take next

WHERE ARE YOU STUCK?

... And Want to Become an Empowered Mother



PRESENT MOM

- Mom-Guilt Free
- Love/Respect Based Parenting
- Better Connection
- More Presence



EMPOWERED WOMAN

- Time for Self-Care
- More energy
- Empowerment
- Less overwhelm
- Community Support
- More organization
- More ease



LOVING PARTNER

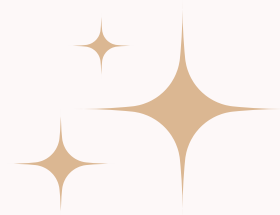
- Better Relationships
- Easier Communication
- More Clarity about what you do want
- Navigating Uncertainty and Challenging Situations with Grace

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HOW CAN I HELP?

PROGRAM STRUCTURE



12 WEEKS

ONLINE MODULES BASED ON THE CYCLE OF EMPOWERMENT
WEEKLY 1:1 COACHING TO HELP GUIDE YOU ON YOUR OWN PATH
DESIGNED WITH BUSY MOMS IN MIND



PROGRAM BONUSES

- Community Support Through A Private Page (The Hive)
- Extra Discounts on Any Supplements Ordered Through Your Fullscript Account
- Awesome Self-Care Kit





Empowered Mother Cycle

Tending the heart and home



1 OBSERVE AND PLAN

Get to know you and design a regenerative life

2 NOURISH AND REMOVE

Deeply nourish, while removing blocks

3 GROW, TEND, MAINTAIN

Motivate, shift, and get better

4 HARVEST, CELEBRATE, REST

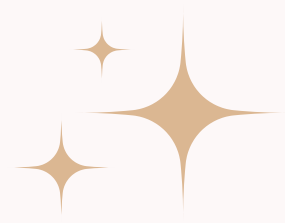
Enjoy all the work you've done and rest

5 EMBODIMENT

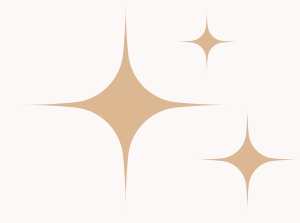
Move beyond the planning and implementing into becoming an empowered mother

Integrative Coaching & Lifestyle Design





Topics We'll Cover



Observe & Plan

- Week 1: Getting to Know You
- Week 2: Energy Audit

Nourish & Remove

- Week 3: Creating Nourishing Habits
- Week 4: Filling your Buckets (Perception)
- Week 5: Filling your Buckets (Deep Nourishment)
- Week 6: Holes in your Bucket
- Week 7: Removing and Reframing
- Week 8: Forgiveness and Mom Guilt
- Week 9: Relationships

Grow & Maintain

- Week 10: Do the Thing
- Week 11: Integrating Family

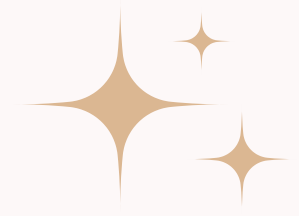
Harvest, Celebrate, & Rest

- Week 12: Harvest, Celebrate, and Rest
 - Building Systems of Rest and Appreciation

Closing Ceremony

- Celebrate Our Journey Together
- Invitation for More

Take a Peek Inside




CLICK THE LINK BELOW TO ACCESS THE MICRO RESTORATIVE MOMENTS DESIGN PROCESS THAT WE WORK THROUGH IN OUR FIRST WEEKS AND CONTINUE TO DEVELOP OVER THE COURSE OF OUR COACHING PROGRAM.

MRM PRACTICES

Click "Duplicate" at the top of the page to make an editable copy for yourself.




Happy Clients




First Class all the way.
A great Experience!

-Chelle



Beth was great! Very knowledgeable and gave some great advice on how to deal with some chronic issues I have with headaches and neck pain. I would definitely recommend her!

- Gwendolyn



Thanks for everything!

- Judith

Investment

Payment Plan

3 payments of
\$500

Pay in Full

1 payment of
\$1,500

Pay it Forward

Help Support a Women in Need

1 payment of
\$1,800

Needs- Based Scholarships Available

for single mothers or those living with serious
financial burden.

dependent upon availability

✦ [Apply Here](#) ✦

Potential clients must fill out the intake form when booking
our discovery call.

[Schedule Your Discovery Call](#)



True power comes when you know you can turn toward your fears, adapt to new situations and when you can clearly see your systems of support.

As an Empowered Mother, you will be able to tend to your heart AND your home,

Create the life you love, one that is regenerative, not just for you, but your family as well, and

Adapt to life as new challenges come your way, knowing your strengths and being able to ask for support gracefully.

SO if you're tired of...

- being stuck in the cycle of burnout,
- feeling like a terrible mother and wife because you can't keep up with the crazy expectations,
- taking one step forward and 10 steps back,
- feeling overwhelmed and unable to ask for help,
- resenting your family,
- and want to just be able to be yourself for a change...

**then join me on this journey to becoming an
Empowered Mother!**

This Program is not for...

- women who want someone to rescue them
- aren't ready for change
- aren't interested in creating a cycle of rest
- aren't ready to prioritize their own growth
- someone looking for a band-aid/ silver bullet fix

FAQs

What if I don't have time? How am I going to fit more things into my already crazy busy life?

- Don't worry this is all planned for! I designed the program taking into account all the best things I've learned in my own crazy busy life.
- I help you design a life directly addressing your own needs, so that way you can keep what you need and get rid of what isn't serving you.
- The modules are yours forever, so you can come back to them whenever you need to.

What if I need to step away from the program for a while?

- Life happens and I totally understand that, but also that is the whole point of this program. Missing your coaching sessions not only doesn't help you establish the habit of prioritizing your own health, but it also wastes your investment.
- Missing a session during our 12 weeks won't totally kill your progress, but if you are consistently rescheduling, I'll reach out to make sure we're ok and see if we need to make any adjustments to our process.

Can I get my \$ back?

- All fulfilled coaching sessions are nonrefundable, but any unused sessions can and will be refunded, if you or I decide the program isn't a good fit at any point in time.

If I'm feeling overwhelmed what can I do?

- If at any point you're feeling overwhelmed in the program, know that you're not alone. Change is hard for everyone. Transition is one of the toughest places to be in.
- With that being said, if we need to make changes to the pacing of your program we definitely will.
- All you have to do is let me know and we'll work together to come up with solutions.
- And if all else fails, we can take a pause with our program and continue at another time. In this case, any unused coaching session funds will be returned or you can roll them over into holding your spot for when you're ready.

If you have any more questions, send an email to beth@altheafera.com

Find out if the Empowered Mother Program is right for you!

Let's Talk

BUSINESS HOURS (PST)

By appointment only

Meet with me online from
anywhere.

(909) 991-4675

Beth@altheafera.com



[Schedule Your Discovery Call](#)