

REDEFINED SERIES

Lost in Transition: Motherhood & Self-worth & Mind-field: Navigating our Mental Maze

The Redefined Series sets out to empower mums to redefine who they are beyond past experiences, cultural, social and self-imposed expectations. It also gives mums an opportunity to broaden their understanding of matters that affect their sense of worth, self-care, and mental resilience. Over the 2-part series, we hope that mums will get to pause for a moment, maybe reset or recharge, and get back on the right track internally so they can better manage or cope with the external challenges.

**Wednesday
22 & 29 Sept
8 - 10pm
via ZOOM**

Fee: \$35 per person*

*Complimentary for the month of September

**Scan QR Code to register
Registration closes Sept 19**



NOTE: Workshop includes small group discussions.

