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CoachingHer: Coaching for Empowerment and Success

Training course for mothers

Guide for Coaches

Lesson 6

Self-Care & Mindfulness

The CoachingHer project is based on the realization that many women, especially working mothers or job seekers, are faced with the difficult decision of reconciling work and each other. In many cases, the lack of adequate social policies and the persistence of traditional cultural norms limit women's career opportunities, forcing them to abandon their professional ambitions or reduce their professional commitment.

Our goal is to create an environment where women can continue to work and pursue their ambitions without having to choose between career and family. The project focuses on two European countries, Italy and Germany, with different socio-economic and cultural contexts, but facing similar challenges regarding the role of women in the labour market and society.

In a context where women face numerous barriers to accessing positions of power and responsibility, CoachingHer offers a concrete solution; participants will be able to develop leadership, time management and multitasking skills that are crucial for successfully coping with the challenges of work and family.

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1. Presentation of the topic "Self-Care & Mindfulness" (10 min)

- The aim of the unit: The participants will develop the ability to set boundaries and perceive their own needs. They learn to take time for relaxation and personal development. You will learn to use a healthy diet, exercise, serenity, relaxation (e.g. yoga), humor as a stress killer, patience as a goal. They are better able to deal with negative emotions (intrinsic/extrinsic triggering).

2. Introduction: What does "self-care & mindfulness" mean to you? (15 min)

- Group discussion or Mentimeter/pinboard:
 - "How does the topic determine your everyday life at the moment?"
 - "What influences (positively/negatively) your daily routine?"
- Collecting typical challenges of mothers together

3. Impulse: Self-Care & Mindfulness (25 min)

Lecture

A. Self-care:

- Physical health
- Emotional support
- Set boundaries

B. Mindfulness:

- Presence in the moment
- Acceptance
- Body Awareness

4. Exercise: "Self-Care & Mindfulness" (20 min)

- Worksheet
- Group work: Comparing – What is good and what is not? on? What is helpful, what is not? Exchange
- Goal: To sensitize mindfulness to physical sensations.

5. Break (15 min)

Gladly with a snack table and exchange in small groups.

6. Mindfulness exercises (20 min)

- Group work:
 - Breath observation, body scan, mindful walking
 - 5-Minute Me Time: Discussion

7. Tools & Tips (15 min)

- Block me time in Calendar in Google Calendar or Family Planner
- Mindful communication

8. final round (10 min)

- "My self-care project" (1 sentence from each participant)
- Optional: Invitation to the WhatsApp/Telegram group for further exchange