



# CoachingHer

Coaching for Empowerment and Success



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# Coaching for Mothers

- Self-Care & Mindfulness -

# Objectives of the workshop

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- ✓ Learning to set your own boundaries
- ✓ Perception of one's own needs
- ✓ Time for recreation/personal development
- ✓ Dealing with negative emotions
- ✓ Understanding self-care
- ✓ Getting to know mindfulness techniques

# What is Self-care?

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- Perceiving one's own needs and taking them seriously
- Why is self-care important?
  - Recharging your batteries
  - Being a role model
  - Preventing burnout

# Mindfulness – a definition

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- Being in the here and now
- Watching without rating or judging
- Why is mindfulness important?

- Introspection
- Getting to know yourself
- Recognizing patterns

# What does "self-care & mindfulness" mean to you?

- "How does the topic determine your everyday life at the moment?"
- "What influences (positive/negative) your daily routine?"

# Self-Care & Mindfulness

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## *A) Self-care*

- Physical health
- Emotional support
- Set boundaries

## *B) Mindfulness*

- Presence in the moment
- Acceptance
- Body Awareness

# Exercise: Self-Care & Mindfulness

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- Worksheet
- Exchange
- Sensitization to mindfulness for physical sensations

# Tools and aids for everyday life

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## Mindfulness exercises

Breath observation  
Body Scan  
Mindful walking

## Planning self-care

Block "Me Time" in the calendar  
+ Find supporters

## 5-Minutes Me Time

= consciously design small  
breaks

## Mindful communication

Listening & speaking with  
presence

## Grenzen erkennen & setzen

= consciously implement small  
breaks

# Conclusion

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- My self-care project

THANK YOU!