



# CoachingHer

Coaching for Empowerment and Success



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# Coaching for Mothers

- Networks & Support Systems-

# Objectives of the Workshop

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- ✓ Understanding of the structure and importance of networks
- ✓ Recognizing your own sources of support
- ✓ Actively shaping networking
- ✓ Promotion of exchange among mothers/families

# What is a Network?

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- Group of people who can give information, help or support
- Family, friends, neighbors, colleagues, etc.

# Why is Networking important?

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- Relief in everyday life
- Emotional support
- Access to information, opportunities and resources

# Forms of support systems

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## **Informal**

Family

Friends

Neighbors

## **Formal**

Counselling  
centres

Clubs

Educational  
institutions

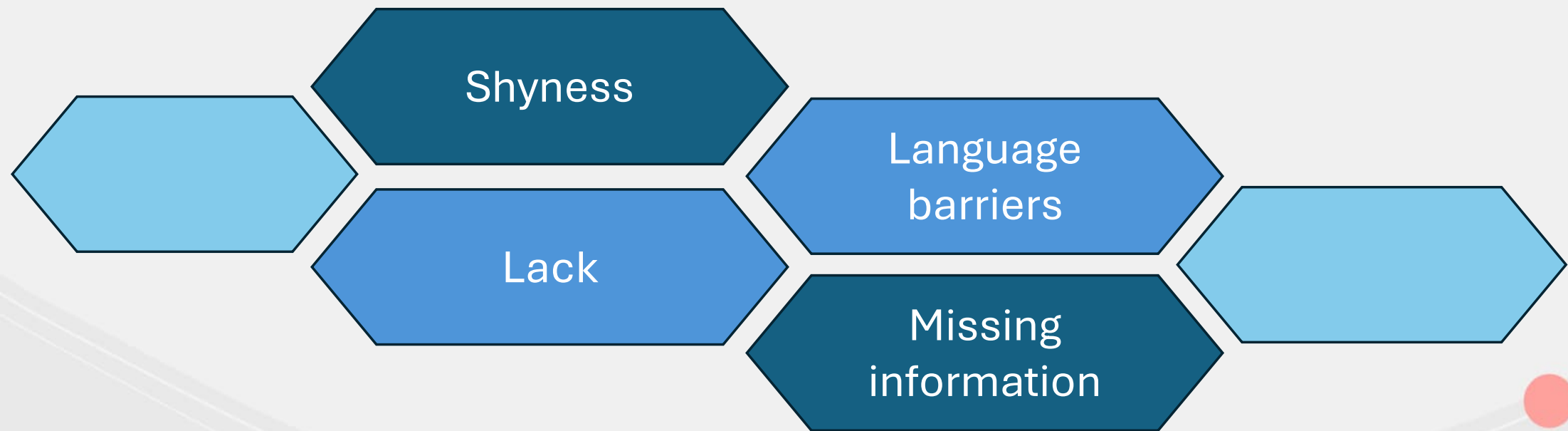
# Exercise: My Support Network

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- "Who supports me emotionally?"
- "Who helps me in everyday life?"
- "Who strengthens my self-confidence?"

# Barriers to Networking

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# Networking strategies

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Reaching out to others actively

Take advantage of local offers

Online groups

Social media

# Exchange in groups

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- "What works for you?"
- "What other support do you need?"
- "What support can you offer to others?"

# Tools & aids for everyday life

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- Maintain network (even small gestures)
- Learning to accept help
- Communicating your own limits

# Conclusion

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- What do I take with me today?
- What do I want to implement or change?

THANK YOU!