



# The Ultimate Self-care for Moms: Life Coaching

By Sue Dumais and Lisa Windsor

**I**t's so easy to get caught up in being a Mom. In fact, it's not uncommon to become completely consumed by the responsibility of raising our kids. Without a second thought, we offer our love, energy, time, money, and really, ourselves.

This process of unconditional love and commitment is something we want to give, however, motherhood also gives us a

perfect excuse to turn our attention away from ourselves.

More often than not, we ignore our own needs and desires for others, and end up feeling drained and frustrated. Yet as parents, our happiness and confidence directly affects our kids. When we take care of ourselves, we free up the energy needed to raise our family in a positive, loving environment.

So, how do you begin to take care of yourself? One way is through life coaching—a process that allows you the tools to get to know yourself and realize what's truly important.

A qualified "life coach" supports and guides you in the right direction for discovering and achieving your goals. A coach will listen and ask the right questions that lead you towards greater clarity and forward action.

Unlike a psychologist or therapist, a life coach concentrates on what lies ahead, and does not delve into your past. Their intent is to empower you and help you realize specific objectives as they relate to your life now and in the future.

Through weekly conversations, they'll challenge you through your fears and celebrate in your successes. Here are some reasons for working with a life coach...

- To communicate more effectively with your kids.
- To balance family, career and self-care.
- To reduce stress and anxiety, and develop clear routines.
- To improve self-esteem and find fulfillment.
- To feel confident about your parenting.

Spending time on yourself is an important part of being a Mom. After all, parenthood is not about the end result, it's about day-to-day living, busy routines, ups and downs and a spectrum of feelings we experience as our children grow and become independent. It's also about teaching.

If you take time for yourself, it may in fact be the greatest gift you ever give your kids. It will teach them, by example, the significance of taking care of themselves. It will teach them that they are worth it.

*Sue Dumais and Lisa Windsor draw from their own experience as mothers and life coaches to support women and their families.*

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