

THE BIG PICTURE

First, create your "big picture" of how you see your life in 10 years and then break this down into the smaller things that you can do in the next five years, then next year, next month, next week, and today.

My life in 10 years

My life in 5 years

My life next month

My life next week

My life today



THRIVING THROUGH
MOTHERHOOD
coaching

OFFICE HOURS:

09:00 - 16:00 Monday to Friday

EMAIL:

amylowrycoaching@gmail.com

SOCIALS:



If you would like to learn more about how I can support you, I would love to hear from you.

I'm here for you and ready to listen.

I offer 1:1 solution focused coaching that is tailored to suit your needs.

If you have found motherhood a life changing experience, hugely challenging and are in an emotional tug of war between who you were and who you want to be, I can help.

Whether you're starting from rock bottom or a place that just feels unmanageable to you or whether you're on maternity leave or have returned to work, I can help.

I will support you to build a vision for your future, by understanding your current mindset, reflect on where you are right now, gain clarity on where you want to be and identify where the gaps are. Thus creating a plan and focusing on actionable steps moving forward.

As someone who struggled with my own transition into motherhood, I hear you and I get you.

I passionately believe that the support women receive during this rite of passage can be life changing.

Working together through structured sessions, I will see your potential, your strength, your passion, heart and soul.

I am here to motivate you, celebrate you and keep you accountable so you can make the kind of changes that stick.

I am fully in your corner, offering a welcoming, confidential and non judgemental safe space, where you can feel supported, listened to, valued, encouraged and empowered through the process.

WHAT ARE YOU WAITING FOR?