



'Getting Unstuck' Workshop for Mums

Summary

**EAT.
SLEEP.
MUM.
REPEAT.**

Arranged by Karolyn Gamble
Founder of Eat Sleep Mum Repeat



Why I created these workshops



Many mums find themselves trapped in the Eat Sleep Mum Repeat cycle.

They want something to change, but don't know how to create the change.

AND crucially, most mums don't talk about it, because of the guilt they feel about that!

I encourage mums to be more than just mum, by getting out, and staying out, of that cycle.

My personal experience is of feeling trapped in this cycle and not knowing what to do,

Or who to talk to about it.

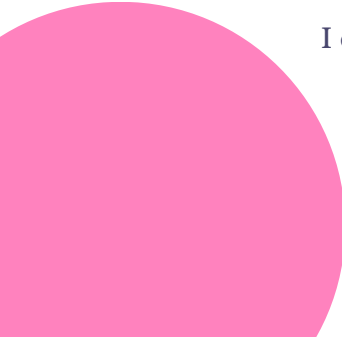
I felt disempowered and 'stuck'!

Luckily, with some guidance, I managed to break out of that cycle.

And, I created a place where other mums can talk about it, without guilt or judgement.

Here mums have a place, and the space, to invest time in themselves.....
.....and to figure out what change they want and how they're going to create it.

I created these workshops to bust through the myths and the guilt
that trap mums in that cycle.



Workshops Format

I offer my workshops as a series of four modules.

Each module focuses on one of the four components of my formula for 'getting unstuck'.

Combined, these four components show mums how to empower themselves to get unstuck and make positive change.

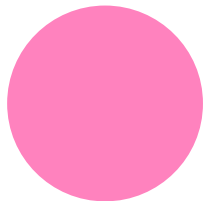
Workshops can be run in-person or online, for groups or individuals,

I can host them as a single series of 4 sessions, or on a cycle, where I host them on repeat throughout the year.



Workshops Modules

For the mum who feels stuck in the
'Eat Sleep Mum Repeat' cycle

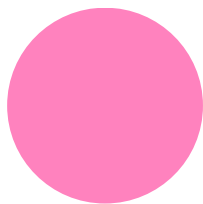
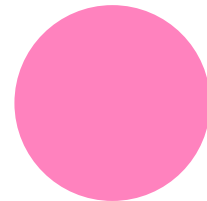


Pillar 1 - Self-Care

Looking after you!

Pillar 2 - Self-Identity

Knowing who you are!

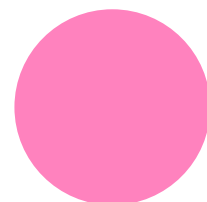


Pillar 3 - Self-Development

You empowering you!

Foundations - Self-Motivation

Knowing why it matters to you?



Workshops Content

Pillar 1 - Self-Care

Looking after yourself as a priority
Filling your own cup - you can't pour from an empty cup
Creating good habits for looking after you
Creating empty space just for you
Surrounding yourself with people who encourage and inspire you

Pillar 3 - Self-Development

Educating yourself
Investing in your personal growth
Developing your emotional awareness
Learning about life and people - how to be a better partner, parent, friend, colleague
Being open to opportunities - developing a growth mindset
Creating and embracing positive change

Pillar 2 - Self-Identity

Knowing who you are, outside of your role as mum and outside your work
Having a sense of purpose and living it
Knowing your values and living by them
Being fully you - defining what success looks like to you
Creating your independence; emotionally, financially, socially

Foundations - Self-Motivation

Knowing your reason 'why'
Knowing your vision for the future, what do you want your legacy to be?
"I will succeed because..."(benefits)
"I will succeed or else..."(consequences)
Knowing you can rely on you, and trust yourself

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Workshops Purpose

How to use the formula - and making sure you do!

This formula is powerful...it's proven!

However, just knowing this formula isn't enough!

To create the positive change we want, we must put this formula into action.

But, that's easier said than done, isn't it!

Life is busy!

There are many demands on our attention, especially for busy mums!

There are many things filling our time and preventing us from spending time on what really matters to us!

The challenge lies in actively MAKING the time to create that change....

That's why I created these workshops.

These workshops are for mums who know they're ready to 'Break The Cycle' and create positive change but would like help creating the time to make that happen!

I am self-employed, having left behind a 20+ year corporate career because I wanted to feel like I was making a difference.

About Me



Karolyn Gamble

FOUNDER

I run my own businesses by myself from home.

I am also a wife and a mum so, like many working parents, I wear multiple different hats every day.

I mentor women - mums - from a place of personal experience.

My workshops are created from the heart, and with love.

Designed to help other mums, who feel stuck in that 'Eat Sleep Mum Repeat' cycle....

....to invest time in themselves and create the positive change they want.

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How to Contact Me



If you are interested in creating a partnership with me, where I deliver these workshops to mums in your setting, or online, please contact me.

I look forward to supporting you and the incredible mums you know.

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Karolyn x