

Pause: A Guided Online Circle for Moms



Hi, I'm Teri, and I'm so glad you're here. I'm inviting you to join a small, supportive online group for moms that meets once a week over five weeks. It's a space for moms at any stage of motherhood, whether your children are little or grown.

I created *Pause* because I see how much moms carry, mentally, emotionally, and practically, often with very little space for themselves. The ongoing mental load, the pressure to keep up

and get everything right, and the feeling of always being needed can quietly pull us into survival mode without us even noticing.

This group offers a welcoming place to slow down, breathe, and reconnect with yourself. There's nothing to fix and no expectation to show up any certain way. You're invited to come exactly as you are. Together, we'll share, reflect, and explore gentle, practical practices that support greater steadiness, awareness, and self-kindness in everyday life.

About the Facilitator

I'm an ICF-certified Life Coach (since 2007), and I'm deeply committed to supporting women, especially moms, in finding more balance, clarity, and ease in their daily lives.

I guide women in slowing down, tuning back into themselves, and learning practical ways to move through everyday life with more presence, trust, and enjoyment. I don't come from a place of preaching. This is an ongoing practice for me as well.

Through my own experience and the many women I've worked with, I've seen how powerful these tools and conscious mindsets can be. Meaningful change is possible on your own terms, and it can make a real difference in how grounded, joyful, and fulfilled life feels.

What You'll Gain from This Group

- **Feel more grounded**
Learn practical ways to support your nervous system and navigate stress with greater steadiness
- **Reconnect with yourself**
Create space to check in, breathe, and listen to what you truly need
- **Relate to yourself with more kindness**
Shift away from self-criticism and toward curiosity and understanding
- **Strengthen inner trust**
Build clarity and confidence in your choices and responses
- **Bring more calm into family life**
Respond with greater presence and emotional steadiness at home
- **Experience meaningful support**
Connect with other moms in a small, respectful, non-judgmental group

This Group May Be a Good Fit If You:

- Often feel overwhelmed, depleted, or disconnected from yourself
- Want more steadiness, presence, and emotional balance
- Appreciate practical tools you can use in real life
- Value honesty, depth, and supportive connection
- Are open to gentle inner exploration and shared reflection

Course Details

- **Timeline:** Begins Tuesday, February 17th and meets weekly, with the final session on March 17th
- **When:** Live every Tuesday at 10:00am for 1 hour, with flexibility up to 90 minutes when needed
- **Where:** Online via Google Meet. A link will be provided after registration
- **Cost:** \$147 for the full 5-week experience
If cost is a barrier, please reach out. I want this group to be accessible to those who truly want to participate and are committed to the process.
- **Group Size:** Very small and intentionally limited to support connection and sharing
- **Recordings:** Sessions may be recorded so you can watch later if you absolutely need to miss one. As we all know, life happens. Recordings are for private use only. If you have any concerns, please email me at teri@serava.ca.

• Registration & Terms

By joining this group, you're reserving a place in a supportive space designed to help you slow down, reconnect, and care for yourself more intentionally.

- **Payment:** Full payment of \$147 secures your spot
- **Cancellation:** Please notify me at least 5 days before the start date if you need to cancel. Refunds are not available after that, though your payment may be applied to a future group
- **Confidentiality and Respect:** Please honor the privacy of others and engage with care and openness. This is a space where honesty and vulnerability are welcome
- **Participation:** You are responsible for how you apply the practices shared. This group is supportive and educational and is not a substitute for professional care

By registering, you agree to these terms. I'm truly glad you're considering joining and would be honored to support you during this time.

How to Register

Email me teri@serava.ca to reserve your spot. Spaces are limited due to the intimate nature of the group.

Once your spot is confirmed, E-transfers can be sent to teri@serava.ca (if a password is needed, please use the word "**Pause**").

You're also very welcome to reach out if you have questions or would like to connect first to see if this group feels like a good fit for you right now.

Thank You

The intention of this group is to offer a steady, caring environment where moms can pause, reconnect, and relate to themselves with more understanding and ease. I'm grateful you're here and I look forward to supporting you.

Frequently Asked Questions

Do I need to have experience with mindfulness, coaching, or group work?

No experience is needed at all. This group is designed to be approachable and supportive, whether these ideas are completely new to you or already familiar. Everything is offered in a gentle, practical way.

What does a typical session look like?

Each session includes time to arrive and settle, guided reflection or simple practices, and space

for optional sharing. There's no pressure to speak. You're always welcome to participate in the way that feels right for you on that day.

What if I feel nervous about sharing in a group?

That's very normal. Many women feel that way at first. Sharing is always optional, and listening is just as valuable. Over time, most people find that the respectful and non-judgmental nature of the group helps them feel more at ease.

Is this group more about talking or learning tools?

It's a balance of both. You'll be introduced to gentle, practical tools you can use in everyday life, along with space for reflection and connection. The focus is on real-life support, not information overload.

What if I miss a session?

If you absolutely need to miss a session, a recording may be available for private viewing. While live participation offers the most connection, you won't be "behind" if you miss a week.

Is this therapy or a substitute for professional care?

No. This group is supportive and educational in nature and is not a replacement for therapy or other professional care. You are responsible for how you apply what is shared.

What kind of moms is this group best suited for?

This group is especially supportive for moms who feel overwhelmed, stretched thin, or disconnected from themselves, and who are open to slowing down, reflecting, and relating to themselves with more kindness.

What if I'm not sure this is the right fit?

You're very welcome to reach out to me before registering. I'm happy to answer questions or connect briefly so you can get a feel for whether this group aligns with what you're needing right now.



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