

The S.T.E.A.D.Y Mother Program

For mothers who want to move from self-doubting
and reactive to self-trusting and grounded

Have you found yourself snapping more at your kids than you want to?

Do you constantly feel behind the ball and that you are carrying the mental load?

Do you question yourself and wonder why everything always feels so hard?

Chronic overwhelm is not a character flaw. It's a nervous system under prolonged stress.

When your body is in survival mode, patience shrinks. Clarity disappears and self doubt gets louder.

That doesn't mean you are broken, it's an indicator that you are overloaded.

But it doesn't have to be that way. I work with overwhelmed mothers who are ready to move out of survival mode.

Through somatic and nervous system informed coaching we focus on:

- Understanding and regulating your nervous system
- Reducing reactivity
- Untangling self doubt
- Strengthening leadership inside your home

This program is offered privately 1:1 as well as for groups of 5-10 women.

The S.T.E.A.D.Y. Framework:

“S”- See your System:

- Understand the 3 Nervous System States
- Identify your Nervous System reactions and default state

“T”- Track your Triggers:

- Recognize early cues of escalation
- Have personalized interruption and reset protocol

“E”- Ease the Inner Critic:

- Understand how your Nervous System shapes your inner voice
- Begin replacing survival based dialogue with grounded leadership language

“A”- Act from Alignment:

- Understand how dysregulation distorts decision making
- Build a grounded decision filter and clear boundaries

“D”- Demonstrate Calm Leadership:

- Understand how children borrow regulation from adults
- Develop tools to hold emotional space without absorbing it or needing to fix it
- Know how to repair after dysregulation

“Y”- Your STEADY Plan:

- Develop a personal regulation plan for future stress
- Feel confident in your ability to return to steadiness when activated

What it Includes:

- **6-60 minute private sessions**
- **Personalized Regulation tools**
- **Custom reactivity map**
- **STEADY mother integration plan**
- **Check-in in between sessions**