

## Defineum's RealMoms Program: Straight Talk about Motherhood

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### **OVERVIEW**

#### **Objective**

In spite of the many joys, life as a mother can often feel overwhelming and disorienting, and maintaining one's own "life equilibrium" can be extremely challenging. Defineum's RealMoms Program provides an engaging and supportive forum for exchanging insights about the joys and challenges of motherhood, sharing advice and learning about tools and resources that can help make life as a mother feel more balanced and fulfilling, and developing meaningful new friendships.

#### **Description**

A twelve-hour program that provides a discussion-based forum to explore a set of topics that focus on what being a mother really feels like, how it impacts you as an individual and how it fits into your broader life dynamic.

#### **Format and Timeline**

Eight sessions, ninety minutes in length, featuring group discussion and exercises facilitated by Defineum co-founders Carol Morley and Dana Galin. Expert speakers may be invited to participate at the facilitators' discretion. The program is designed for mothers with children of any age and is limited to twelve participants per session. Participants are expected to commit to attend all meetings. The next program runs for eight Fridays at 11am beginning March 26, 2010.

#### **Location**

Poets House, Stanley Kunitz conference room, 2<sup>nd</sup> floor  
10 River Terrace (at Murray Street), New York, NY 10282  
Battery Park City North

### **CONTENT HIGHLIGHTS**

#### **Session 1: Identity – Motherhood and Meaning**

- What does being a mother mean to you?
- Have you held a vision of what motherhood should be like?
- Has your experience of motherhood matched your expectations?



- What are your expectations of yourself as a mother? Are they realistic?
- Do you feel pressured by 'perfect mother' syndrome?
- How do you manage other people's opinions (family, friends, caregivers)?

## **Session 2: Self-Care – You Still Matter!**

- Do you recognize self-care as an important activity?
- What activities do you or might you do for self-care?
- How much time do you or might you spend on self-care?
- How do or might you manage childcare when you are doing self-care activities?
- What is the biggest obstacle to self-care?

## **Session 3: Parenting Philosophies – Defining Values, Roles and Expectations**

- Have you defined your parenting philosophies for yourself and with your spouse?
- Have you and your spouse defined your own values and the values you want to pass along to your children?
- Have you clearly defined each parent's role?
- What is the role of extended family in terms of expectations and involvement?
- What is the role of your caregiver(s), the amount of time your caregiver(s) spend with your child(ren) and the ideal profile for your caregiver(s)?

## **Session 4: Marriage and Intimacy – Staying Aligned with Your Partner**

- Are you keeping your marriage in focus?
- How has having children affected your relationship with your spouse?
- What strategies do you have for nurturing your marriage?
- How do you want to model marriage for your children?

## **Session 5: Your “Personal Community” – Nurturing Connections, Old and New**

- Are you happy with your “personal community”?
- Who do you want to keep in touch with?
- What are your strategies for keeping in touch with existing friends and family?
- What are your strategies for making new connections?
- What are your strategies for deemphasizing relationships that are not serving you well?

## **Session 6: Career and Motherhood – A Balancing Act**

- What is your ideal choice about working outside the home or not?
- What factors affect your decision to pursue or not pursue a career outside the home?



- What are your feelings associated with working outside the home? Not working outside the home?
- How can you structure a schedule that works for you?
- Have you considered or pursued "mom-trepreneurship"?

## **Session 7: Caregivers – Choices, Challenges and Best Practices**

- How do you define your childcare needs? What are they?
- How do you find the right person for your child(ren) and you?
- How do manage the ongoing relationship?
- What are the emotional challenges associated with having a caregiver? How do you manage them?

## **Session 8: Open Discussion and Mingling**

### **RULES OF THE ROAD**

- Your Commitment to the Program - We stress the importance of your commitment to attending the sessions as it is pivotal to the success of the program both for yourself and others. As in all things in life, the effort you put in strongly correlates with the results you get out.
- You Are the Expert - We do not provide magic bullets! We provide the structure, process, discipline and empathetic facilitation necessary for you to better understand what it means to you to be a mother and how it fits into your broader life dynamic.
- Our Commitment to Confidentiality – We are committed to confidentiality. This program entails you reflecting on, writing about and discussing with us and other participants deeply personal aspects of your life. We vow never to discuss any elements of this program or its content with any outside parties at any time and will not reference your status as a participant without your written approval.

### **FEE AND PAYMENT TERMS**

The fee for the Defineum RealMoms Program is \$200 for eight sessions. We do not accept payment until you are confident this program is providing commensurate value to you. After completing one hour of the program, full payment is expected **if and only if** you are confident the program is being and will continue to be highly beneficial. Otherwise, we will jointly agree to discontinue the program and no payment is expected. We accept cash and checks only.

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