

MAMA

*Rising*®



# Facilitator Program

COURSE OVERVIEW



## WHAT IS MATRESCENCE?

First described by Dana Raphael in the 1970s, and then recently resurrected by Dr Aurelie Athan at Columbia University, Matrescence is the groundbreaking and revolutionary way we now understanding what happens to a woman when she becomes a mother.

**Matrescence changes the way we support a mother that finally acknowledges the physical, emotional, psychological, cultural and personal changes she goes through.**

## THE MAMA RISING MISSION AND VISION

To revolutionise the way mothers are seen, valued and supported in our world, and liberate women from the patriarchal view of motherhood and womanhood.

## THE ROLE OF A MAMA RISING FACILITATOR

To become a Space Holder for the rite of passage of Matrescence and an activist for the redefining of motherhood in the world.

## THIS MEANS WE:

- 01 Practice active listening;
- 02 Whisper the words of wisdom of Matrescence;
- 03 Give her permission to heal her self-silencing in a safe and supportive way;
- 04 Create community so she knows the power of a village;
- 05 Provide her with the tools and rituals she needs so she may rise;
- 06 Advocate on her behalf and on all mother's behalf in workplaces, in government, and in places she can not reach herself;
- 07 And be an active participant in the change in policy and perception of mothers and their roles in the world.



*Mama Rising* began as a short training program for women who wanted to support mothers differently in 2019 by Amy Taylor-Kabbaz.

After more than a decade covering breaking news and current affairs for the ABC around the country, Amy's 'traditional' career took an unexpected turn when she found herself lost, overwhelmed and diagnosed with a thyroid condition after the birth of her first daughter.

She couldn't understand what had happened to her. So, being the journalist she was, she went looking for the answers, interviewing some of the best health and wellness gurus and experts around the world - and no one could tell her what she most needed to hear: **Matrescence**.



14 years - and two more babies - later, she has coached and supported more than 4000 women through her online programs and coaching. Her book 'Mama Rising', published by Hay House, is an international best-seller, and her podcast, the 'The Happy Mama Movement', has been downloaded more than 400,000 times.

But more needed to be done.

After working personally with Dr Aurelie Athan on developing and testing her trademarked 'Mama Rising Formula of Support', she launched the first Mama Rising Training in 2019.

Since then, the training has been completed by more than 200 women in 15 countries around the globe.

As a Mama Rising Facilitator, you will learn both the history of motherhood in our Western culture, the role of feminism and industrialisation on motherhood and women, and the research into Matrescence, as well as the unique coaching and support Amy and her team of coaches have shared and used with thousands of women around the world in thousands of different circumstances.

**This is not just a coaching training program.**

**This is a personal study of the history of women, how the world views and values motherhood, and what we can do about it.**

It will equip you to take Matrescence into a women's home, her workplace, her relationship and herself.



# CORE DATES AND TRAINING DETAILS

Mama Rising 2022 Begins on 5th September 2022

**PART 1 WILL RUN FROM 5TH SEPTEMBER TO 14TH OCTOBER.**

## **LIVE TRAINING CALLS**

(Not compulsory to attend. Recordings available within 24 hours)

Wednesday 7th Sept 10am AEST

Wednesday 21st Sept 10am AEST

Wednesday 5th Oct 10am AEDT

(please note, Australia changes over to daylight savings)

## **LIVE COACHING CALLS**

(It is expected you would only attend one of these in your timezone.  
The alternate coaching calls are recorded for you to listen to in your own time as well.)

Wednesday 14th Sept 8pm AEST OR Friday 16th Sept 10am AEST

Wednesday 28th Sept 8pm AEST OR Friday 30th Sept 10am AEST

Wednesday 12th Oct 8pm AEDT OR Friday 14th Oct AEDT

(please note, Australia changes over to daylight savings)

**STUDENTS WILL HAVE A 2 WEEK BREAK TO CATCH UP AND COMPLETE ASSIGNMENTS.  
ASSIGNMENTS FOR THE FIRST PART OF THE COURSE WILL BE DUE BY 28TH OCTOBER.**



**PART 2 WILL RUN FROM 31ST OCTOBER TO 16TH DECEMBER.**

**This part of the training includes both a live teaching component (which you can join live or watch the replay), plus an alternative coaching time per week.**

**WEEK 1 -**

teaching - Monday 31st October at 10am AEDT  
coaching - Wednesday 2nd November at 8pm AEDT

**WEEK 2 -**

teaching - Monday 7th November at 10am AEDT  
coaching - Wednesday 9th November at 10am AEDT

**WEEK 3 -**

teaching - Monday 14th November at 10am AEDT  
coaching - Wednesday 16th November at 8pm AEDT

**WEEK 4 -**

teaching - Monday 21st November at 10am AEDT  
coaching - Wednesday 23rd November at 10am AEDT

**WEEK 5 -**

teaching - Monday 28th November at 10am AEDT  
coaching - Wednesday 30th November at 8pm AEDT

**WEEK 6 -**

teaching - Monday 5th December at 10am AEDT  
coaching - Wednesday 7th December at 10am AEDT

**WEEK 7 -**

coaching only (highly recommended to attend if possible) -  
Wednesday 14th December at 8pm AEDT

**STUDENTS WILL HAVE A 3.5 WEEK BREAK TO CATCH UP AND COMPLETE ASSIGNMENTS.  
ASSIGNMENTS FOR THE FIRST PART OF THE COURSE WILL BE DUE BY 6TH JANUARY.**



## **PART 3 WILL RUN FROM 9TH JANUARY TO 3RD FEBRUARY 2023.**

### **WEEK 1 -**

Pre-recorded training 1 released - Monday 9th January at 10am AEDT

Live teaching - Wednesday 11th January at 10am AEDT

Live Coaching - Friday 13th January at 10am AEDT

### **WEEK 2 -**

Pre-recorded training 2 released - Monday 16th January at 10am AEDT

Live Coaching - Wednesday 18th January at 8pm AEDT

### **WEEK 3 -**

Pre-recorded training 3 released - Monday 23rd January at 10am AEDT

Live Coaching - Friday 27th January at 10am AEDT

### **WEEK 4 -**

Pre-recorded training 4 released - Monday 30th January at 10am AEDT

Live Coaching - Wednesday 1st February at 8pm AEDT

**STUDENTS WILL HAVE TWO WEEKS TO CATCH UP ON TRAININGS AND  
COMPLETE THE FINAL ASSIGNMENT BY THE 17TH FEBRUARY.**

## **FINAL ACTIVATION AND CELEBRATION**

**Wednesday 22nd February 2023 at 10am AEDT.**

**Building Change module will run from 27th February to 24th March.**



# COURSE OVERVIEW

## PART 1 - HISTORY, THEORY AND IMPLICATIONS OF MATRESCENCE FOR MOTHERS TODAY

### **MODULE 1 IDENTITY AND MOTHERHOOD**

In this module we explore the Mama Rising mission and vision and lay out the foundations that will enable the students to get the most out of this training. Some of the initial key concepts and theories we cover:

- The Good Mother and the Successful Woman
- Matricentric Feminism and its relevance today
- The Inner Split
- The Maternal Mandate

And much more...

### **MODULE 2 MATRESCENCE, THE PERCEIVED CHOICE AND THE SPIRITUAL AWAKENING**

In this module, we continue covering some key concepts and theories:

- The Rigged System
- The Perceived Choice
- The Maternal Wall
- The Spiritual Awakening

### **MODULE 3 THE MAMA RISING FORMULA OF SUPPORT AND TRANSFORMATION.**

In this lesson, we go through the key principles of the Mama Rising formula of support to guide a mother through her experience of Matrescence. We also cover:

- How to talk about these key concepts to a mother by balancing inner and outer authority
- How to acknowledge a woman's unique pinprick of awareness into her transformation through Matrescence
- How to be present to her emotions without entanglement



## PART 2 - REDEFINE YOUR MATRESCENCE JOURNEY: INNER WORK

**There are 6 modules, each one covering one step from the Mama Rising formula of support and one additional module including an integration practice to honour the grief and losses that are part of our individual journeys.**

This part of the training has two very clear intentions:

1. to experience the Mama Rising coaching formula yourself and explore your own Matrescence and cultural assumptions of motherhood
2. and to witness live coaching of other women as they breakthrough the internal and external barriers of motherhood and redefine who they are.

## PART 3 - MATRESCENCE COACHING AND SUPPORT SKILLS

**Module 1** - Demonstrating ethical practice + embodying a coaching mindset

**Module 2** - Establishing and maintaining agreements + cultivating trust and safety with your clients

**Module 3** - Maintaining presence + listening actively

**Module 4** - Evoking awareness in your clients + facilitating their growth

## PART 4 - BUILDING CHANGE

**Module 1** - understanding how you want to share Matrescence and with who, creating a plan and an audience

**Module 2** - Corporate and Workplace change - how to present and convince workplaces, and use Mama Rising with working mothers

**Module 3** - Birth workers - how to create use the Mama Rising formula in your particular passion and build an audience and success

**Module 4** - Entrepreneurs - online programs, products, live events and retreats, there are so many ways to support mamas with Mama Rising. Learn how to create and build your idea.



# MAMA RISING ACCREDITATION PROCESS

## **In order to receive your Mama Rising Facilitator accreditation, you are required to:**

Show 100% completion in the course platform for all parts of the training and for each module.



Hand in all your assignments, showing adherence to the submission criteria which will help us assess your understanding of not only the theoretical aspects of the course (matrescence theory and the six ways to support a mother's understanding of herself as she navigates Matrescence) but also the 8 ICF core competencies and how these can be woven into your work supporting mothers.



Hand in your assignments for each part of the course within the assigned deadlines.