



MAMA RISING

MATRESCENCE COACH AND FACILITATOR TRAINING

MARCH 2025

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**.



16 years - and two more babies - later, she has coached and supported more than 6000 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 600,000 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 350 women in 18 countries around the globe.

As a Mama Rising Facilitator and Matrescence Coach, 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.

CCE

ICF CONTINUING
COACH EDUCATION

ICF



INTERNATIONAL COACH FEDERATION (ICF) & CONTINUING COACH EDUCATION (CCE)

We are thrilled to have received the International Coach Federation (ICF) accreditation for the Mama Rising facilitator training. The ICF is the peak certification body in the coaching industry and supports the recognition of trained professional coaches. Being an ICF certified training program means that we have gone through a thorough process to verify that the content we provide meets the highest educational standards for aspiring coaches.

What it means for you is that you are undertaking a certified course that has met the criteria for Continuing Coach Education (CCE). It does not mean, however, that upon completion of the Mama Rising course you can call yourself an ICF certified coach. To do so, you will need to meet other requirements from the ICF, including a number of client coaching hours. If you're aiming to become an ICF certified coach, you can find more information on the additional requirements from the ICF [here](#).

If you are already an ICF accredited coach (ACC, PCC or MCC), the Mama Rising training has been approved for the following hours which you can use towards renewal of your ICF credential:

Core Competencies: 16 training hours

Resource Development: 24 training hours

Upon completion of the training, if you have met all the accreditation requirements, you will receive a Mama Rising Facilitator certificate including the ICF logo and training details mentioned above.

CORE DATES AND TRAINING DETAILS

Mama Rising 2025 Begins on Monday 3rd March 2025

PART 1 WILL RUN FROM 3RD MARCH TO 21ST APRIL 2025

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.

PLEASE NOTE: ALL TIMES ARE AEST/AEDT.

We recommend you use worldtimebuddy.com to compare the dates and times with your timezone - taking note of daylight saving changes.

MODULE 1

Live training: Monday 3rd March 10amAEDT - 60min

Coaching call: 1 Wednesday 5th March 8pmAEDT - 60min

Coaching call: 2 Friday 7th March 10amAEDT - 60min

MODULE 2

Live training: Monday 10th MarchAEDT - 60min

Coaching call 1: Wednesday 12th March 8pmAEST - 60min

(*NB: Daylight saving changes for Australia)

Coaching call 2: Friday 14th March 10amAEST - 60min

MODULE 3

Live training: Monday 17th March 10amAEST - 60min

Coaching call 1: 19th March 8pmAEST - 60min

Coaching call 2: Friday 21st March 10amAEST - 60min

2 WEEK BREAK

**COACHING CALL/ASSESSMENT SUPPORT
FRIDAY 28TH MARCH 10AM AEST - 60MIN**

ASSIGNMENTS DUE BY 4TH APRIL, 2025

PART 2 WILL RUN FROM 7TH APRIL - 21ST MAY

MODULE 1

Live training: Monday 7th April 10am AEST - 60min
Coaching call: Wednesday 9th April 8pm AEST - 60min

MODULE 2

Recorded training: Monday 14th April 10am AEST - 60min
Coaching call: Friday 18th April 10am AEST - 60min

MODULE 3

Recorded training: Monday 21st April 10am AEST - 60min
Coaching call: Wednesday 23rd April 8pm AEST - 60min

MODULE 4

Recorded training: Monday 28th April 10am AEST - 60min
Coaching call: Friday 2nd May 10am AEST - 60min

MODULE 5

Recorded training: Monday 5th May 10am AEST - 60min
Coaching call: Wednesday 7th May 8pm AEST - 60min

MODULE 6

Recorded training: Monday 12th May AEST - 60min
Coaching call: 16th May 10am AEST - 60min

MODULE 7

Live Coaching only Wednesday 21st May 8pm AEST - 75min

2 WEEK BREAK

**COACHING CALL/ASSESSMENT SUPPORT
FRIDAY 30TH MAY 10AM AEST - 60MIN**

ASSIGNMENTS DUE BY 6TH JUNE 2025.

PART 3 WILL RUN FROM 9TH JUNE TO 7TH JULY 2025

MODULE 1

Live training: Monday 9th June 10am AEST - 60min
Hot seat coaching: Wednesday 11th June 8pm AEST - 60min
Breakout room practice: Friday 13th June 10am AEST - 60min

MODULE 2

Pre-recorded training 2 released: Monday 16th June 10am AEST
Breakout room practice: Wednesday 18th June 8pm AEST - 60min
Hot seat coaching: Friday 20th June 10am AEST - 60min

MODULE 3

Pre-recorded training 3 released: Monday 23rd June 10am AEST
Hot Seat coaching: Wednesday 25th June 8pm AEST - 60min
Breakout room practice: Friday 27th June 10am AEST - 60min

MODULE 4

Pre-recorded training 4 released: Monday 30th June 10am AEST
Hot seat coaching: Wednesday 2nd July AEST - 60min
Final coaching call: Friday 4th July 10am AEST - 60min

**RELEASE OF 3 X PRE-RECORDED Q&A WITH GUEST COACHES PLUS BONUS TRAUMA-AWARE
MASTERCLASS: MONDAY 7TH JULY**

2 WEEK BREAK

**COACHING CALL/ASSESSMENT SUPPORT
FRIDAY 11TH JULY AEST - 60 MIN
FINAL ASSESSMENTS DUE BY FRIDAY 18TH JULY, 2024.**

ACTIVATION CALL

Wednesday 25th July 8pm AEST - 60 min

COURSE OVERVIEW

PART 1 – HISTORY, THEORY AND IMPLICATIONS OF MATRESCENCE OR MONTHS TODAY

MODULE 1 MATRESCENCE, MOTHERHOOD AND THE PATRIARCHY

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:

- Matrescence history and theory
- The Motherhood penalty and the rigged system
- The Maternal Mandate, the Good Mother and the Successful Woman
- Matricentric Feminism and its relevance today

And much more...

MODULE 2 SYMPTOMS & STRUGGLES OF THE INVISIBLE MOTHER

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

- The Inner Split and its implications
- Maternal rage
- Competing Devotions
- The Perceived Choice
- The Maternal Wall
- The pinpricks of awareness

MODULE 3 THE MAMA RISING PRINCIPLES OF SUPPORT AND TRANSFORMATION.

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

- The Spiritual Awakening of Matrescence
- 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

PART 2 – REDEFINE YOUR MATRESCENCE JOURNEY: INNER WORK

There are 6 modules, each one covering one step from the Mama Rising principles 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 principles 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

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.