



**MAMA RISING**

# MATRESCENCE COACH AND FACILITATOR TRAINING

**MARCH 2026**

**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:

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

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](#).



18 years (yes, 18 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 700,000 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 2026 Begins on Monday 23rd March 2026

**PART 1 WILL RUN FROM 23<sup>RD</sup> MARCH TO 24TH OCTOBER**

**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](https://worldtimebuddy.com) to compare the dates and times with your timezone – taking note of daylight saving changes.**

## **MODULE 1**

Live training: Monday 16<sup>th</sup> March 10am AEDT – 90min

Coaching call: 1 Wednesday 25<sup>th</sup> March 8pm AEDT – 60min

Coaching call: 2 Friday 27<sup>th</sup> March 10am AEDT – 60min

## **MODULE 2**

Live training: Monday 30<sup>th</sup> March 10am AEDT – 60min

(\*NB: Note timezone change to AEST, as daylight saving ends in Australia)

Coaching call 1: Wednesday 8<sup>th</sup> April 8pm AEST – 60min

Coaching call 2: Friday 10<sup>th</sup> April 10am AEST – 60min

## **MODULE 3**

Live training: Monday 13<sup>th</sup> April 10am AEST – 60min

Coaching call 1: Wednesday 22<sup>nd</sup> April 8pm AEST – 60min

Coaching call 2: Friday 24<sup>th</sup> April 10am AEST – 60min

**2 WEEK BREAK**

**COACHING CALL/ASSESSMENT SUPPORT  
FRIDAY 1ST MAY 10AM AEST – 60MIN**

**ASSIGNMENTS DUE BY 8<sup>TH</sup> MAY, 2026**

**PART 2 WILL RUN FROM 11<sup>TH</sup> MAY – 10<sup>TH</sup> JULY 2026**

**MODULE 1**

Live training: Monday 11<sup>th</sup> May 10am AEST – 60min  
Coaching call: Wednesday 13<sup>th</sup> May 8pm AEST – 60min

**MODULE 2**

Recorded training: Monday 18<sup>th</sup> May – 60min  
Coaching call: Friday 22<sup>nd</sup> May 10am AEST – 60min

**MODULE 3**

Recorded training: Monday 25<sup>th</sup> May – 60min  
Coaching call: Wednesday 27<sup>th</sup> May 8pm AEST – 60min

**MODULE 4**

Recorded training: Monday 1<sup>st</sup> June – 60min  
Coaching call: Friday 5<sup>th</sup> June 10am AEST – 60min

**MODULE 5**

Recorded training: Monday 8<sup>th</sup> June – 60min  
Coaching call: Wednesday 10<sup>th</sup> June 8pm AEST – 60min

**MODULE 6**

Recorded training: Monday 15<sup>th</sup> June – 60min  
Coaching call: Friday 19<sup>th</sup> June 10am AEST – 60min

**MODULE 7**

Live Coaching only Wednesday 24<sup>th</sup> June 8pm AEST – 60min

**2 WEEK BREAK**

**COACHING CALL/ASSESSMENT SUPPORT  
FRIDAY 3<sup>RD</sup> JULY 10AM AEST – 60MIN**

**ASSIGNMENTS DUE BY 10<sup>TH</sup> JULY 2026.**

**PART 3 WILL RUN FROM 13<sup>TH</sup> JULY TO AUGUST**

**MODULE 1**

Live training: Monday 13<sup>th</sup> July 10am AEST – 60min  
Hot seat coaching: Wednesday 15<sup>th</sup> July 8pm AEST – 60min  
Breakout room practice: Friday 17<sup>th</sup> July 10am AEST – 60min

**MODULE 2**

Pre-recorded training 2 released: Monday 20<sup>th</sup> July  
Breakout room practice: Wednesday 22<sup>nd</sup> July 8pm AEST – 60min  
Hot seat coaching: Friday 24<sup>th</sup> July 10am AEDST – 60min

**MODULE 3**

Pre-recorded training 3 released: Monday 27<sup>th</sup> July  
Hot seat coaching: Wednesday 29<sup>th</sup> July 8pm AEST – 60min  
Breakout room practice: Friday 31<sup>st</sup> July 10am AEST – 60min

**MODULE 4**

Pre-recorded training 4 released: Monday 3<sup>rd</sup> August  
Hot seat coaching: Wednesday 5<sup>th</sup> August 8pm AEST – 60min  
Breakout room practice: Friday 7<sup>th</sup> August 10am AEST – 60min

**BONUS 2026 MODULE:**

3 x Bonus Masterclasses released: 10<sup>th</sup> August  
Bonus Q&A coaching call with Amy on your industry/niche:  
Friday 14<sup>th</sup> August 10am AEST

**FINAL COACHING CALL/ASSESSMENT SUPPORT**  
**FRIDAY 21<sup>ST</sup> AUGUST 10AM AEST – 60 MIN**  
**FINAL ASSESSMENTS DUE BY FRIDAY AUGUST 28<sup>TH</sup> AUGUST.**

**ACTIVATION AND CELEBRATION CALL**

Friday 11<sup>th</sup> September 10am AEST – 90 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

## 2026 BONUS MASTERCLASS AND COACHING

**To meet the demands of mothers in the world right now in 2026, we have added 3 bonus specialist masterclasses:**

- Holding women's circles in a safe and empowered way
- Trauma-aware matrescence coaching
- Parent-inclusive workplace masterclass for corporate clients

PLUS a live Q&A with Amy to answer your specific industry/niche questions.

# 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.