

Workshops will offer advice to mums

A SERIES of inventive workshops, designed to help mums overcome their anxieties and achieve greater fulfilment in their lives, is being run by Cheshire-based professional coach Tracey Wall.

“According to the famous philosopher Jung, the

greatest curse on children is the unfulfilled lives of their parents,” says Tracey, pictured. “With the unprecedented pressure on women today to live up to unrealistic ideals, are we making life uncomfortable for those around us too?”



“The road to happiness starts with having a sense of purpose or meaning in life, a belief in something bigger than yourself – and working towards achievable goals with coping strategies. Cultivate the right output and you will ultimately be able to deal with the misfortunes that life will inevitably throw your way.”

Tracey, who is the founder of Cheshire coaching consultancy Empowering Mums, is offering mums the opportunity to understand how important it is that they put themselves first.

“During the programme workshops, she aims to equip them with the necessary skills to make choices and decisions about what is important to them and ensure that they have identified what they really want out of life and have the right fulfilment ‘toolkit’ to make it happen.

The Empowering Mums’ six-week workshop programme is being delivered in evening sessions starting on Thursday, June 10 until Thursday, July 15 from 6.30pm until 8.30pm at the Blue Cap pub on Chester Road in Cuddington. The two-hour workshops start at £22.50.

Tracey concludes: “It has been said that the greatest obstacle to happiness is the modern myth of happiness itself.

“Becoming the best possible mum you can be to your children means switching from family life controlling you, to being totally in control of your family life and my six-week workshop programme is designed to help mums do just that.

“By the end of the workshops mums will walk away feeling calmer, more positive, invigorated and generally feeling fantastic about themselves and their lives.”

◆ For further information about the Empowering Mums’ workshops programme, contact Tracey on 01606 334 015 or visit her website at www.empoweringmums.co.uk