



This document is an overview of the curriculum for our Sacred Circles, bi-weekly coaching groups for mothers. A couple of comments about Sacred Circles Curriculum:

1. The curriculum weaves together the big picture stuff that guides our life's journey with the practical everyday stuff that helps us to be more intentional in our mothering and our relationships. We want to give you tools and information that will positively impact your everyday living, while providing the time and the space for you to explore life's bigger topics, such as Legacy Leaving and Core Values Alignment.
2. Each off-week (the week our circle does not meet) you will receive an email from De with a curriculum component. Some weeks, that may simply be an inspirational photo, a reminder card, a prayer, a poem, or a link to a song or video. Other times, the curriculum component will be something for you to complete during the week, such as a guided visualization, worksheet, or audio recording to listen to.
3. Though we use the term "curriculum," we do not mean it in the sense that we will cover specific topics on specific dates for a specific amount of time. We do mean it in the sense that there is a chronological order to how content will be introduced to you and that you can expect a small percentage of our time in circle together to include coach-led teaching.
4. The larger percentage of our time in circle together will flow organically, and purposefully focus on whatever is important to you and other group members at that time.
5. When a woman joins a circle, we ask her for a minimum commitment of 4-months. As you can see by the curriculum topics listed below, we have a lot to do! The 4-month minimum timeframe is for you to have time to cover a few of the biggies (relationship & conversation with Self being the biggest) and allow you to build positive momentum towards your desired future. Of course, we hope you'll stick around a lot longer than 4-months!
6. Individual curriculum topics are offered from time-to-time as live or virtual workshops. Watch for the upcoming schedule on our website.

Sacred Circles Curriculum Topics

The Big Picture: *where is your journey leading you?*

- Fostering a positive relationship with Myself
- Becoming aware of the Mothering Legacy I inherited, how it shows up in my life, how it impacts my mothering and my relationships.
- Listening to Self. Becoming familiar with my inner conversation.
- Identifying unwanted or unhelpful messages and becoming familiar with the part of me that holds the message and believes the message. Work on compassionately integrating the part of me into the WHOLE of me.
- Creating new, empowering, supportive messages to tell myself each day.
- Writing the Mothering Legacy I want to LIVE and leave.
- Personal Vision of my Future Self – who am I in the process of Becoming?
- Comfort Zones and “Gulp” Zones

Feet on the Ground: *resources & skills for everyday, as you put one foot in front of the other...*

- Breath Prayers: simple conversation with God
- Boundaries
- Self-Care: Provider & Receiver
- Learning the Language of Empowerment
- Appreciation & Gratitude
- Thinking with the Brain in mind
- Listening Fully
- Positive Communication
- Expressing emotions: How do you or don't you, and what did you learn about emotions from your family of origin?
- Understanding the Toxic Relational Behaviors of Criticism, Contempt, Blame/Shame, and Stonewalling
- Empathy & Compassion vs. Shame
- Parenting in the moment vs. Parenting for life (modeling & teaching life skills). Looking at the family system as a microcosm of the different systems we are a part of in society, such as school, work, church, community, expanded family. We run into dynamics in the family that are exactly like what we run into out there in the world (i.e.: conflict, vulnerability, pride, self-protection, blame, unfair treatment, etc.). How do we create a family system environment to be a safe and nurturing space to talk about, experience, and practice “life learnings?”
- Perspectives & Perspective Shifting
- Designed Alliance(s)
- Family Traditions