

Mothering Monday's

A typical day may look like this:

- 9.30am morning tea available
- 10am start morning session
- 12pm lunch
- 12.30pm afternoon session
- 2.30pm afternoon tea available

Worth.

Week 1

SESSION 1: I AM VALUABLE

By the end of this session, each woman will be able to: Gain an understanding of the concept of value Identify what she personally values and why.

Develop an awareness of personal value

Self-Care – hand scrub and face mask, gentle exercise
Making scrubs from things in the cupboard

Capacity building – personal values

Changing a tyre
Check the oil
Check the water levels
Putting water in the washer bottle

Week 2

SESSION 2: I AM ONE-OF-A-KIND

By the end of this session, each woman will be able to: Recognise the value of being one-of-a-kind
Distinguish the difference between uniqueness and comparison

Self-Care – self-portrait – art and craft, gentle exercise

Capacity building - Time management – setting a timetable for yourself

Week 3

SESSION 3: I AM WONDERFULLY MADE

By the end of this session, each woman will be able to: Have an understanding of the Worth concept

Identify ways to value yourself

Self-Care – wayapa wuurk

Capacity building – women's health



Mothering Monday's

Strength.

Week 4

SESSION 4: I HAVE THE POWER OF CHOICE

By the end of this session, each woman will be able to: Explore and understand that she is born with feelings Demonstrate skills required to enhance the power of choice

I am born with feelings skills to enhance the power of choice

Self-Care – Anger management, emotional literacy – assertions model, meditation

Capacity building –

- Buying a house
- Getting finance to buy a house
- Taxation Advice

Week 5

SESSION 5: MY DECISIONS DETERMINE MY DESTINATION

By the end of this session, each woman will be able to:

Apply and practise decision-making and problem-solving skills Recognise the value of respect and convictions

Self-Care – flower and petal words – healthy and unhealthy behaviours in relationships, gentle exercise

Capacity building – family and domestic violence and what it looks like, Conflict resolution

Budgeting

Week 6

SESSION 6: I HAVE RESILIENCE

By the end of this session, each woman will be able to: Recognise the value of developing resilience

Self-Care – Jewellery making, Sand Play, Sensory activity,

Falling down and getting back up again – falling down 7 getting up 8 times

Bending not breaking

Capacity building - Getting a job, being an awesome home maker



Mothering Monday's

Purpose.

Week 7

SESSION 7: MY POTENTIAL IS LIMITLESS

By the end of this session, each woman will be able to:

Recognise the value of a positive environment for her potential to grow

Part of a positive community

Self-Care – wayapa, Building a veggie garden

Capacity building - setting up a business, registration advise, company formation, company registration

Week 8

SESSION 8: MY LIFE HAS PURPOSE

By the end of this session, each woman will be able to:

Identify personal desires

Develop an understanding that she has something to contribute

Our life is a gift and our gifts and talents in serving others

Self-Care – thankful journal and soap, candle making

Capacity building – What is your dream??

Career focused/future focused – women who have gone before us

Shine.

Week 9

SESSION 9: SHINE!

By the end of this session, each woman will be able to: Describe what she has learnt

It is important to reinforce the foundational concepts throughout the sessions, to reveal the truth that the life of every individual woman counts and that she has intrinsic value.

Self-care – make up, hair, henna, nails,

High tea

Week 10

EVENT CELEBRATION!

