



# strong as a mother

A CLIFTONSTRENGTHS COACHING GROUP FOR PARENTS

## about the group

By understanding and intentionally leveraging your greatest talents you can unlock your real power and reach for your best self in parenting and beyond. This CliftonStrengths coaching group will help parents learn about themselves, how they've been showing up in parenthood, and how their strengths can contribute to their success as they navigate work, relationships and raising the next generation.

## about the coach

Sarah Collins is a Certified Gallup CliftonStrengths Coach, business owner, and mom of three. She coaches individuals and groups how to best leverage their talents to find success in both work and at home. She created Strong As A Mother during the pandemic when she felt like she was drowning in motherhood and saw other parents were also struggling to balance work and parenting.

## praise for SAAM

*"I have made some lifelong connections and friends from this group. It has been very comforting to know I am not alone in a lot of the struggles I run into as a mother."*

*"Exploring my strengths as they relate to motherhood has been challenging, eye-opening and revealing. Sarah is knowledgeable and approachable, and has made this process fun and meaningful. I particularly enjoyed connecting with other moms in the community!"*

*"I feel like finding my strengths and then applying them to motherhood has been a game changer. I never thought of doing that and I feel like it makes a huge difference on the days I lean on what I'm strong at."*



## details

The SAAM coaching group meets weekly for one hour. Each week there is pre-work to complete before the session. The session topics are below and follow a loose curriculum.

Week 1: You as a Mother

Week 2: Your Strengths Make You Strong

Week 3: Showing Up Strong as a Mother

Week 4: Not Even Mothers are Perfect

Week 5: You at Your Best

Week 6: Strengths in Action

Week 7: Your Motherhood Community



## coaching group fee

**Price per participant: \$365**

Price includes Gallup CliftonStrengths Assessment, weekly group coaching, and access to a group message board for continued community and support.

Group max: 16

**One time set up fee: \$450**

Set up fee includes a one-time promotional workshop for any interested individual to learn more about the coaching group and administrative support prior and during coaching group.

## contact details

### Phone / Email

712-898-7516 / [sarah@collinscareercoaching.com](mailto:sarah@collinscareercoaching.com)

### Website

[www.collinscareercoaching.com](http://www.collinscareercoaching.com)



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