

SHIFTING MOTHERHOOD PROGRAM

A 6-WEEK SELF-CARE JOURNEY FOR MOTHERS

Reconnect with yourself
Rebuild your energy
Rediscover your strength

Hey Mama

I'm Melissa



Born in Lima, Peru, I now call Melbourne home—a place where my journey of migration has been shaped by joy, resilience, and continuous learning. While building a new life has been exciting, it also brought emotional challenges—especially during my transition into motherhood.

Nine months after a traumatic birth, I was diagnosed with severe postnatal depression—a time of deep vulnerability when I needed to be at my strongest.

That experience transformed me. It sparked a deep curiosity to better understand mental health—not only to heal my own journey but to support others navigating similar challenges.

I'm now a Certified Trauma-Informed Yoga Teacher and Wellbeing Practitioner, and the Founder of The Shift Holistic Wellbeing. Our mission is to empower new parents with tools that support emotional regulation and wellbeing, helping them navigate parenthood with more awareness, kindness, and compassion.

This is for you if you're a mum of little ones (0-4 years old) and you are experiencing:

- Emotional overwhelm or difficulty regulating your emotions
- Stress, anxiety or symptoms of depression
- Fatigue, sleep disruptions or burnout
- Negative self-talk or loss of confidence
- A shift in identity and sense of self

www.theshiftwellbeing.com



What to Expect from the Program

Over six weeks, you'll experience a holistic blend of mental health education, mindfulness, gentle movement, and self-reflection. Our goal is to equip you with simple, effective tools you can carry into everyday life to support your emotional wellbeing.

- ✓ Yoga & breathwork
- ✓ Mental health education
- ✓ Journaling & self-reflection
- ✓ Nervous system regulation tools
- ✓ A supportive community

Three accessible ways to join:



In-person



Live Online



Self-paced

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Week by Week Breakdown

01

Reconnect with Your Body

Begin your journey by gently returning to your body through breath, touch, and movement. We'll explore how stress and emotions show up physically and introduce calming practices to build awareness, grounding, and self-compassion.

02

Explore your inner world

Learn to observe your thoughts, emotions, and nervous system responses with curiosity and kindness. Through mindfulness and body-based awareness practices, we'll support emotional regulation and reconnect with your inner resources.

03

Nurture your Nervous system

Discover simple, practical tools to calm your nervous system and restore your energy. This session focuses on self-soothing techniques, restful yoga, and mindful movement to support stress recovery and emotional balance.

04

Make space for Yourself

Reclaim space for your needs and your identity beyond motherhood. We'll explore journaling prompts and reflective exercises to clarify what matters most, helping you gently honour your boundaries and personal desires.

05

Embrace Self-compassion

Let go of the pressure to be perfect. Learn how to meet yourself with the same kindness you offer others. Through guided meditation and movement, we'll reflect on the matrescence process, and how it impacts your mental health.

06

Create your self-care plan

Pull everything together into a personalised self-care plan that fits your real life. We'll help you integrate practical rituals—however small—that support your wellbeing, so you leave feeling resourced, empowered, and supported.



Book here

<https://theshiftprograms.as.me/>

Lets stay connected!

Visit: www.theshiftwellbeing.com

Follow us on Instagram:

[@theshift.holisticwellbeing](https://www.instagram.com/theshift.holisticwellbeing)

✉ Questions? Reach out to me directly at
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