

THE LIT MAMA COACH

What Coaching Offers — and How It Can Help

Helping moms heal out loud.

What coaching is

Coaching is a working partnership for moms who are healing, breaking cycles, and finding themselves again — in the middle of motherhood, not after it. It's honest conversation with structure: a place to say the real thing out loud, look at it without shame, and build the next step on purpose instead of on autopilot.

What it offers

- A judgment-free space to tell the truth about how it actually is — the guilt, the rage, the grief, the love, all at once.
- Practical tools for the daily hard moments: the spiral, the snap, the shutdown, the boundary you keep meaning to hold.
- Support in breaking cycles — so the way you were raised doesn't get the final say in how you raise yours.
- Help finding yourself again: your wants, your voice, your name outside of “mom.”
- Accountability with compassion — someone who will hold the plan with you, and hold you gently when the week falls apart.

How it can help

Coaching helps you stop carrying everything silently. Moms who do this work describe feeling steadier in the hard moments, quicker to repair after they lose it, clearer about their boundaries, and less alone inside their own heads. The change isn't a personality transplant — it's small, honest steps, repeated: naming what's true, choosing one thing, and following through. Repeated enough, that's a new pattern. Repeated in front of your kids, that's a cycle breaking.

The 16-Week Trauma Program

The Lit Mama Coach also offers a 16-week guided coaching program that works hand in hand with the Lit Mama Coach journal. Each week pairs a coaching focus with journal work, so the healing isn't just talked about — it's written down, witnessed, and built on, one honest week at a time.

What coaching is not

Coaching is not therapy. I don't diagnose or treat mental-health conditions. I'm a women's trauma-informed coach and a fellow mom who's lived it. If you need clinical support, please get it — that's strength, not failure, and it can sit right alongside this work.