

Dear leaders and weavers of a world where mothers are centered and well-nourished,

You already know that when mothers thrive, the world heals.
And yet, too often, the ones holding space for moms are the ones under valued and under resourced

This story stops now.

You're invited to ***Embodied* MOTHERcare**

Inner Mastery AND Business Magick for Mother-Serving Visionaries

You've built something meaningful. You *know* your work is sacred, revolutionary, and needed.

But...

✨ **You're feeling depleted.** The way you've been holding space isn't sustainable, but you don't want to compromise depth for scalability

✨ **You're fcking tired of the growing popularity of performative “trauma-informed” spaces.** You lead with integrity, and know wild success is available to you follow a script that doesn't feel like yours

✨ **You want to expand online, but not in a way that dilutes your magic.** The industry's bro-marketing and manipulative sales tactics are a full body NO

✨ **Your voice (*and creativity life force*) feels stifled.** Not because you don't have something to say, but because the online space feels loud, crowded, and disconnected from the *real* work you offer

Embodied MOTHERcare isn't about learning another method or following someone else's formula It's about **coming home to your own embodied way. It's about creating in a way that regenerates you, rather than depleting you.**

You've taken the trainings. You've done the certifications. But none of them taught you how to *actually* sustain yourself without compromising your world changing vision in this work

This is for the doulas, coaches, and mother-serving visionaries leading a new paradigm of mother centered care

The Art of Mother-Centric Care Begins With You.

- Because holding space for yourself is your greatest skill

- Because your nervous system is the bridge between you and the mothers you serve
- Because the way you build your business should honor your values, not contradict them

Embodied MOTHERcare is a 6-month immersive journey that blends deep inner mastery, trauma-informed facilitation, and values-aligned business creation.

This is not just another business program

This is not another certification or performative stamp on your resume

This is a **reclamation. A return. A re-rooting.**

- ★ It's about leading without performing
- ★ It's about holding space without holding everything on your own shoulders
- ★ It's about scaling without self-abandoning.

[Join the waitlist now & claim your space inside Embodied MotherCare](#)

THE STRUCTURE: IMMERSION & EMERGENCE

A 6-month transformation to help you go from exhausted and over-giving... to deeply nourished, embodied in your medicine, and expanding your work in a way that not just sustains you, but *regenerates your community*.

IMMERSION (Months 1-3) → Learn & Embody

- **Nervous System Mastery Attunement for Space Holders:** This isn't about fixing, "regulating" or controlling your nervous system, it's about coming into right relationship with it
- **The Art of Holding Space:** How to weave in your energy and essence in your body of work and season of life .
- **Trauma-Informed Facilitation:** Going beyond the buzzwords of "trauma informed" facilitation, this is about deep integrity, presence and radical ownership of your privilege, power and biases
- **Somatic Skills for Regenerative AND Reparative Work:** Back to basics. So many of us underestimate these skills. Learn how to support yourself so you can better hold space for others
- **Embodied Skill Labs:** The real-time practice to build confidence in your medicine

EMERGENCE (Months 4-6) → Apply & Expand

- **Creative Business Magick:** Fuck “best practice”. It’s time to ditch the outdated and toxic bro-marketing strategies and finally create and reimagine regenerative business strategy that infuses every weird, witchy and wild part of you, *of course without compromising values or vision*
- **Finding Your Voice & Leadership Style:** Cut through the noise and stand strong in your message, exploring your self expression and unique marketing flavour
- **Mother-Centric Business Building:** The missing pieces you weren’t taught about building an aligned, sustainable and reparative practice
- **Masterminding & Real-Time Support:** Learn and create IN community, with live feedback, collaboration, and co-creation
- **Integration & Expansion:** Step into the world fully embodied and well-resourced in your work and business as a sought after thought leader in mother centered care

Embodied MOTHERcare is more than a program — IT’S A WHOLE FCKING MOVEMENT

- ⚡ No more exhaustion disguised as passion
- ⚡ No more diluting your magic to fit industry trends
- ⚡ No more playing small because the online space feels too loud, too fast, too fake

Mother-serving visionaries, **you are the ones shaping the future.**
But who holds *you* while you hold so much?

Your nervous system, your work, and your capacity to receive are deeply connected.
When you master your inner world, your outer work transforms.

You already know that when mothers are cared for, the world heals.
But it’s time to tend to yourself the way you tend to others.
Because a well-resourced leader is an unstoppable force.

READY TO STEP IN?

Spots are limited to 20 to keep this high-touch and intimate.

[**Join the waitlist now & claim your space inside Embodied MotherCare**](#)

Investment:

Early *secret* enrollment for waitlist only: **\$1800**

Regular price: **\$2800** | Payment plans available

Includes:

- **6 months of high-touch mentorship and embodied practice**
- **Bi-weekly live calls with Nicole + Lauren, plus slack group between sessions**
- **Deep community building & real-time integration**

***Embodied* MOTHERcare is for you if:**

- You're jaded by programs that tell you "this is the way" when you know, deep in your bones, that there's *another* way, **your way**
- You refuse to use divisive marketing, hyper-masculine business strategies, or performative "trauma-informed" work
- You want to deeply understand **the art of holding space**, not as a checklist of skills, but as an extension of *Who. You. Are.*
- You feel your creative essence bubbling beneath the surface, but self-doubt, perfectionism, or fear of being misunderstood keeps you still.

🔥 **This is where your work meets your well-being**

🔥 **This is where your leadership becomes regenerative**

🔥 **This is where your magic expands and heart flame ignites, without burning you out or your business down**

Ready to finally build a business that nourishes you as much as it nourishes others?

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Meet the magickminds behind *Embodied* MOTHERcare - LINK TO PODCAST EPISODE

Meet Lauren

→ <https://nestandnourish.ca/about>

Meet Nicole

→ <https://www.nicolepasveer.com/aboutnicole>