



*sacred* mama circles<sup>TM</sup>  
FACILITATOR CERTIFICATION

— *with* —  
MARIA GOLDING & SCHOOL OF INTUITIVE MOTHERHOOD

FEMININE LEADERSHIP TRAINING + CURRICULUM  
+ TRANSFORMATIONAL EVENTS



# Sacred Mama Circles Facilitator Certification

- the revolutionary 6-month system that trains you to hold circles to support women in their ongoing transition as mothers and feminine leaders.

You are supported with leading-edge knowledge and wisdom alongside foundational training in creating a business you love.

It is both online and live- including a 3 night retreat training in a beautiful beach venue north of Byron Bay, Australia (+ a 1-day workshop in Brisbane).

**... Motherhood is a 'rite of passage', the transition from Maiden to Wise Mama. In these modern times its being called Matrescence, likening it to the huge physical, mental, emotional, social and spiritual changes that happen during Adolescence.**

**.... This time in history we have the opportunity to heal ancestral patterns and liberate centuries of suppressed feelings of loneliness, competitiveness, guilt and shame ... into self-love, co-operation, compassion and wisdom - through circling with like-minded mamas.**



# Certification Overview

- Six months professional training & competency. A rich and comprehensive curriculum of knowledge, skills and processes.
- Online training modules, with a 3-night in-person training & retreat in Australia, and 1-day circle workshop.
- Certification with the School of Intuitive Motherhood – an Internationally recognised Training Provider.
- Potential recognition, accreditation & eligibility for insurance with IICT.
- Training in the scientific & spiritual principles behind a woman's transition in motherhood, alongside skills to empower and grow her potential.
- Training in how to facilitate (and co-facilitate) powerful circles that offer connection, support and the potential for individual and collective transformation.
- Access to an online members area with nine incredible training modules that current members are raving about! (with videos, audios, transcripts, playsheets)
- Be mentored by Maria, experience and practice leading circle with a certified Sacred Mama Circle Facilitator. Every week there are live online sessions (via zoom, similar to skype).
- Stay connected with your co-trainees, and Maria, in our Sacred Mama Circles Facilitators FB Group. This is an active vibrant community and you'll never feel alone.
- Develop & embody facilitation skills and be supported to reach the next-level you as a Feminine Leader.
- Support to implement & develop your own personal & business potential. Use our practical, effective and creative circle activities including a 5-week circle program.
- The opportunity to promote your circles on the Intuitive Motherhood website, and be connected with a brand that has a mission to hold one million mamas' hearts in circle by 2030.

# About The Founder – Maria Golding

Welcome, I'm Maria Golding, Founder of The School of Intuitive Motherhood & head trainer in the Sacred Mama Circles Facilitator Certification.

It all started back in 1985 as a young missionary nurse in the regional jungles of Bougainville, I was honoured to participate in my first natural birth and was privileged to sit in circle & become part of the village of the new mothers' lives. It was my first taste of really connecting with motherhood on a soul-deep level, and I knew I'd found my calling.

On returning to Australia, I continued to advance my career. In the three decades since then, I've worked as a midwife, paediatric and child & adolescent mental health nurse, individual & group therapy facilitator, parenting program teacher, health practitioner in secondary schools and infant-parent practitioner in private practice, and have been privileged to work at some of Australia's finest hospitals and healthcare facilities.

*All the while I realised I was craving more....*

As well as all the incredible psychological & parenting techniques that I'd been practising and teaching, I also felt strongly called to dive deeper. Like, *soul* deep.

I'd begun devouring spiritual texts, exploring an abundance of different healing modalities, and throwing myself heart-first into body-centred experiential learning.

I ventured to India three times to learn meditation and spiritual practices, and ditched finishing my Masters in Mental Health in favour of immersing myself in many hours of somatic science, emotional healing and embodiment training. I fell in love with the Nia Technique and the benefits of conscious movement & dance, Expressive Therapies, The Journey Method, Ayurveda, meditation...

...as well as cutting-edge mind-body sciences such as neuroscience, inter-personal neurobiology, & attachment, positive psychology & mindfulness...

And it was all confirming what I had long believed to be true...

*That motherhood is a 'rite of passage', a significant change a woman goes through from maiden to wise mama.*

*That this transition deserves sacred time and space-holding for her to shed her 'old self' and embody her new ways & wisdom.*

*That there is no better way, no more sacred way than to bring her into circle- one of love, sharing, empowerment and support.*

*That she belongs – to a modern village of sisterhood.*

That the ancient wisdom of those mothers and grandmothers that came before us is just as important as listening to the white-coated professionals. That tuning in to our body, heart and spirit can help strengthen the bond between mother and child, and between women. And that the world needs mothers who are self-aware and feel deeply connected to each other.

With a natural intuitive 'knowing' I had been mothering my own children in alignment with sacred principles as much as I could, (still making a bunch of mistakes along the way, of course!) and yet I felt so alone. At first I hadn't found my like-minded tribe and it was so painful to be connecting superficially and not feeling like I could be my true self. Finally I developed friendships with two other women, and together we attended and then created our own circles of sharing. My confidence grew and as I realised how effective and nurturing they could be for each mama. Not only that but also how *fun & creative & deeply-connecting* they could be for ME. The positive impact on my sons, my husband and others around us was palpable.

I wanted to start bringing this sacred, tribal & embodied side of my work TOGETHER with the science-based techniques I'd come to respect and love...

## **THAT'S WHY I STARTED INTUITIVE MOTHERHOOD.**

Since 2011 I've devoted all my creative energies into bringing this work to heart-centred mothers from across Australia and the globe.

**The Sacred Mama Circles Facilitation Certification is a result of my personal & professional practice & experiences. A unique blend of the scientific, spiritual & embodiment theory and application along with cutting-edge motherhood, personal growth and feminine leadership knowledge, offered to you to support your own circle facilitation mastery & growth. It's such a privilege to offer this experiential training to mothers who want to take a leadership role in the community.**

# *Has your soul led you here? Are you being called too?*

In these pressing times mothers need more support than ever before, and often feel judged, isolated and alone.

The changes can foster feelings of anxiety and comparison, isolation, perfectionism, and a deep-seated fear that they're not 'good-enough'

If they only had the knowledge of Matrescence, how 'normal' these feelings and experiences are. If they only knew that they weren't alone ... that mothers all over the globe are experiencing it too.

If only they had the tools to deal with the stress in their minds, the changes in their body, the erratic moods and loss of control, and the dark nights of the soul.

If only they could trust the process of this feminine awakening. To find comfort. To know how to surrender to the flow. To utilize the growth opportunities that are unleashed through motherhood.

Deep in their hearts they know the changes they want for their children starts with THEM. They want to BE the change. They want to get off the 'wounded masculine' highway of pushing, striving and 'everyone for themselves', to a more balanced approach. They want to be in flow with the earth, their bodies, their children, each other, and to feel supported in abundance. They deeply desire to raise aware, compassionate, confident children- who can look forward to a world that is rich in opportunity and love.

These mothers are the leaders of our future leaders. They do the most important job on earth.

Like no other time in history they urgently need the return of the sacred mama circles of love, support, knowledge, sisterhood. They need YOU.

They can't do it without you. It takes a village to raise a child. And the mamas need the circle-holders. They need to have a sacred space where they can be themselves without pretense. A place where they can return home to their deep truths, and embrace their unique expression, feel their wholeness.

So they can feel unashamedly seen, loved, understood and accepted.

Are YOU one of the mama space-holders we've been waiting for? Maybe you are new to this, maybe you're experienced.... What is needed is what's in your heart ... a passion to make a difference for mothers and leave a legacy for our children.





I see Sacred Mama Circles all over the globe. It's the fastest way to make the changes we need for our children's children to have a world that we are proud of.

You will be fully supported with leading edge training in the science and wisdom of what a mama needs. We need as many of you 'on the ground' running circles, getting the love, knowledge and support out there.

We envision 100,000 Sacred Mama Circles by 2030 – igniting 1 million mama hearts, and touching even more children from its flow-on effect.

It takes courage to lead a circle. Yet it's the biggest gift you can give yourself. You can bring your imperfectly perfect self and model this to others. You give permission. It's a beautiful way to develop closeness (into-me-see) and transform hidden and suppressed parts of yourself into understanding, self-compassion and a newfound zest for life!

It's a great way to find meaning in motherhood, and to develop lasting friendships with beautiful mamas - just like you.

It's the fastest track I know of to have the sisterhood we've been waiting for.

---

***IF YOUR HEART IS SAYING YESSSSS BOOK A CALL TO DISCUSS WITH MARIA  
(direct message through Facebook or email [maria@mariagolding.com](mailto:maria@mariagolding.com))***

---

## MARIA'S PROFESSIONAL QUALIFICATIONS:

- IICT Registered Training Provider (Intuitive Motherhood)
- Grad Cert Health Studies (child and adolescent health)
- Grad Certificate Expressive Therapies
- Registered Midwife (previous) & Certificate in Lactation
- Registered Nurse (mental & emotional health)
- Nia Black Belt Teacher (Embodiment training from 2007-present)
- Professional Parenting Training (Triple P & Circle of Security)
- Cert Intuitive Healing
- Reiki 1 & Reiki II
- Countless other trainings not listed above (life-long learner!)
- Presented at conferences & trainings with Qld Health & Mater, and MummyCon





# Training Overview

Over 6 months students will explore 9 core modules. These modules create a powerful foundation of personal confidence & profession capacity to facilitate your chosen style of circle, and to support each mama (and the group) in their self-awareness & greater empowerment.

**Module 1: Sacred rite of passage – transitions in motherhood**

**Module 2: Sacred mama – understanding your mama avatar**

**Module 3: Your first 'practice' Sacred Circle – preparing and gathering the women**

**Module 4: Setting the Sacred Space & Tone – Stepping in**

**Module 5: Sacred Focus & Expression – your topic and circle sharing**

**Module 6: Holding Space – with acceptance and compassion**

**Module 7: Managing difficult situations, and creating growth opportunities**

**Module 8: Bringing it home with Integration & conscious completion**

**Module 9: The Sacred Business of running circles**

In each module we cover 3 dimensions of learning -  
Learning Concepts, Facilitation Practice and Embodied Skills



## Learning Concepts

In LEARNING CONCEPTS you'll acquire the relevant spiritual & scientific theory of the modality so that you can feel knowledgeable, confident & resourced. This dimension includes:

- Live Calls (with Q& A and teaching time)
- Detailed Training information
- Self-paced audio lessons

## Facilitation Practice

In FACILITATION PRACTICE you'll learn the framework for working effectively with your mama clients. Whether you're a virgin circle-holder or experienced there'll be plenty of skills to 'practice'. Plus you'll be able to craft your own unique style offering for your potential clients. This dimension includes:

- Detailed Training Information including implementation handouts, tools & Playsheets
- Q&A Calls (with circle implementation experience)
- Opportunity for Circle Practice Sessions

## Embodied Skills

This dimension raises this qualification above others as you get to 'be the change'. You get to up-level yourself at the same time as becoming masterful in sacred mama circle facilitation, being able to hold attuned resonance, and **guide your mama clients for powerful results**. It's practical, strategic, and at the same time allows for your own wow factor. It is designed for you to feel successful and leading-edge as a feminine leader.

This dimension includes:

- Guided Awareness & Feminine Practices
- Self Inquiry Reflections & Playsheets
- Intuitive Guidance + insights by Maria (on the weekly calls and during the 3-night retreat training + 1-day workshop)

THE

9

*Core Modules*



# *Sacred rite of passage*

## TRANSITIONS IN MOTHERHOOD

### ***Learning Concepts***

- Your circle vision. Unlocking your WHY so you are touched, moved and inspired to share circles, and future clients are magnetized towards you
- The transition from Maiden to Mother (Matrescence) – all levels of change
- Reframing this transition as a powerful portal for personal growth
- What a sacred circle is and how this 'container' can be transformative for a mother
- The nature of the 4 aspects of ourselves – Body, mind, emotions, soul

### ***Facilitation Practice***

- Personal reflections & conversations with other mamas about the 'Learnings' above.
- Use playsheets provided

### ***Embodied Skills***

- Understand Matrescence for yourself and other mamas
- Be able to share your Matrescence experience with another
- Be able to share about the nature of the 4 aspects of ourselves, and the power of sacred circles for mothers (and generations to come)



# *Sacred mama*

## UNDERSTANDING YOUR MAMA AVATAR

### ***Learning Concepts***

- Understanding the masculine and feminine energies, and how we need both
- The wounded feminine and learning to trust women again
- Taboo subjects that many mothers experience (and often don't talk about)
- Developing the art of real, deep story-telling to enhance your circle activities
- Understand your ideal mama avatar (IMA). Feel her pain, map out her desires
- Interviewing real 'ideal' mamas and how this activates beautiful connections and builds your confidence

### ***Facilitation Practice***

- Visualization audio to understand your mama avatar
- Research, ask the right questions to potential clients
- Use playsheets provided

### ***Embodied Skills***

- Be deeply familiar with your IMA (ideal mama avatar)
- Feel the 'sweet spot' where your empathy for her meets your biz offering
- Interviewing skills the advanced feminine way

# 3 Your first 'practice' Sacred Circle

## PREPARING AND GATHERING THE WOMEN

### **Learning Concepts**

- Planning your test circle (and future circles). The logistics, + what to do so women are engaged + excited
- Online platforms you can use to attract new clients + take payment
- How to turn fear and doubt into courage and confidence
- Transform the top 8 subconscious beliefs that block you, and grow your own value & self-worth as a feminine leader
- 'Call in your mama circle' invocation audio to magnetize like-minded women together

### **Facilitation Practice**

- Practice connecting with and converting potential clients who are online
- Uncover the top 8 subconscious beliefs that block you, & learn to release them, and move forward towards your dreams
- Visualization meditation to invoke your mamas (call them in) & to ignite your heart to lead with your WHY

### **Embodied Skills**

- Efficiency in utilizing online platforms to grow your reach and bring in new clients
- A growing confidence in trusting the feminine 'unknown' & inviting others to join their first circle with you
- Wiring your brain & body to be in resonance with your future circle of mamas





# Setting the Sacred Space & Tone

## STEPPING IN

### **Learning Concepts**

- The framework – 4 aspects of a transformative circle experience
- Your circle set-up – simplicity & safety, inspiration & beauty, sacred objects
- Step-in practices (Reflections, Mindfulness, Embodiment, Meditations, Movement, Yoga breath, Music etc)
- Intros, intentions, shared agreements (use our Sacred Mama Circle Agreements)
- Holding Space using the art of whole-body listening & feminine presence.
- The importance of Feminine Embodiment – using neuroscience and energetics to get out of your head and into your hara, heart & intuition

### **Facilitation Practice**

- Practice setting up and creating a sacred space (use pre-circle checklist)
- Decide on intention and drop-in practice you'll begin with
- Do a practice-run with another (co-trainee, friend, teddies!)
- Practice the art of listening using the 6 key components
- Develop your personal embodiment of feminine power centres (we'll practice in our live events)

### **Embodied Skills**

- You'll love your heightened feminine energy – affecting other areas of your life!
- You'll feel comfortable with your drop-in practice of choice (and learn from others on our group call!)
- Experience deeper connection with yourself & others as you embody the art of listening and feminine presence



# Sacred Focus & Expression

## YOUR TOPIC AND CIRCLE SHARING

### **Learning Concepts**

- Designing your circle. Mapping it with your sacred mama circle template provided
- Choosing a relevant topic (see menu of topics, and done-for-you 5 session circles program)
- Introducing a topic, scenario, story, teaching, reflective questions. Inviting a guest to co-facilitate a topic
- Circle sharing variations (individual, paired, small group, open group)
- The 4 steps of non-violent communication (NVC), and how this can be a circle activity

### **Facilitation Practice**

- Choose & develop your circle experience (to suit your mamas and your desired outcome)
- Practice with another/s, get feedback and tweak towards confidence
- Use play-sheets & specially-designed circle programs provided (22 page circles program included + more shared by others in our active Facebook circle)
- Grow your skills in providing meaningful circle sharing that enhances holistic and transformative experiences for the mothers
- Use the framework of Matrescence to normalize & invite alignment with the emerging identity of wise mother
- Use bonus meditations to get yourself in the mindset for this powerful work

### **Embodied Skills**

- You'll become increasingly familiar with what 'lights your mamas up', grows the circle connections, and has your mamas leaning in & expressing their authentic selves
- Embody a growing ability to use our Sacred Mama Circles programs & tweak existing ideas to create safe & meaningful circle activities and programs to express your own uniqueness and meet the situational needs of the circle
- A feeling of Confidence & Competence as a Feminine Leader -to hold a growing number of circles with much less preparation and time required

# Holding Space

WITH ACCEPTANCE AND COMPASSION

## Learning Concepts

- Help a mother decode and understand her stress with the simple 'brain states' road map – and the importance of her mental health
- Understanding vulnerability & how to reframe it as a pathway to deeper connection. How to develop courage within the circle
- The 4 attributes to empathy and how to use this as the antidote to a mothers shame as a 'space-holder' and circle facilitator
- Protecting your own energy, managing your own triggers and implementing self-care using a comprehensive suite of feminine practices
- A checklist & playsheet of self-care rituals for leaders

## Facilitation Practice

- Use Brain States playsheet to track your stress response and Feminine Practices Planner to upgrade your emotional wellbeing. The mamas love using these as circle activities!
- Use the Vulnerability playsheet to explore what vulnerability is and what it means to you. Use courage and vulnerability activities in your circles (everyone gets their own courage song!)
- Apply the 4 attributes of empathy to the way you 'hold-space' when the mamas share vulnerability in your circles
- Practice eliciting safety and connection- your tone of voice, mindfulness, presence, eye-contact, attitude, supportive energy/ vibration
- Practice co-regulation – be-with another in their emotional place, and help guide them back to calm

## Embodied Skills

- You're able to facilitate your circles in a way that's safe, boundaried, and builds trust and connection
- You're consciously sensing the mind & heart field of safety & connection
- You can identify brain states and are becoming skilled at responding to changing moods and behaviours
- You're consistently practicing the art of whole-body listening , empathy and deep connection (+ this also gives them an 'experience' to use with their child)
- You'll be holding a vision of the highest potential for each mama and the group, whilst meeting them where they are at
- You'll deeply understand how to hold-space with empathy, alleviating a mothers suffering of shame
- Have your own self-care rituals embodied as daily and weekly practices





# Managing difficult situations

## AND CREATING GROWTH OPPORTUNITIES

### **Learning Concepts**

- How to contain the circle and manage sticky situations. Learn about the 3 types of trauma and use a trauma-informed approach (incl. what NOT to do)
- The 7 Steps on How to Relate to Someone with a Trauma Issue (likely you will have some mothers with a trauma background)
- The Art of Self-Compassion, it's 3 key components and how to practice it (from world-leading researcher)
- Rupture and Repair – the 5 step practice of repairing a disruption in a relationship (+ managing any misunderstandings that happens)

### **Facilitation Practice**

- Practice a trauma-informed approach and understand how to respond to a woman in distress (using our suite of best-practice strategies)
- Practice 'protective interrupting' when the conversation is becoming inappropriate
- Practice 'naming and taming' your own triggers (so you can embody this advanced skill)
- Managing so-called mistakes in yourself. Demonstrating self-compassion & turning it into a growth opportunity
- Practice the steps that lead to self-compassion and build your resilience as a feminine leader
- Use the Rupture and Repair process in your own relationships and as a circle activity.

### **Embodied Skills**

- The art of boundaries with a 'yes' resonance
- Respond & take action to redirect the circle, if needed
- Be competent to manage difficult situations within the circle
- Be growing in your own self-love and acceptance
- 'Be the change' as a compassionate Feminine Leader



# Bringing it home

## WITH INTEGRATION & CONSCIOUS COMPLETION

### **Learning Concepts**

- Understanding the importance of Integration and Conscious completion for transformation
- Learn creative ways for the mamas to 'integrate' and 'make meaning' of their circle experience with tools to take into their everyday lives
- Learn how to land the 'change experience' in the body & brain so the mamas feel 'better, closer, wiser, lighter'
- Meaningful ways to 'Close the circle' to tie everything beautifully together
- What to do during the last circle of your program so women continue with your next circle program

### **Facilitation Practice**

- Be familiar with integration & completion activities and resources included (you'll be so inspired with the sacredness and creativity)
- Be developing the art of 'listening for meaning' within the sharing experience
- Be open, and respond creatively to your circles' needs (which may mean you switch up your 'close the circle' activity depending on how it's flowing)

### **Embodied Skills**

- You'll leave the room with a sense of where the mamas are at (and what they might be needed for next time). You'll know who needs an extra 'check in'
- You'll honor each woman's process and acknowledge their growth, so they are able to move forward powerfully in their life
- You'll create ongoing value and engagement to have women raving about their circle experience with you so much that they are excited to keep attending and refer others



# The Sacred Business

## OF RUNNING CIRCLES

### **Learning Concepts**

- Getting clarity on your role as an Entrepreneur using Sacred Mama Circles Method as an income stream. Practical how-to advice from my own brilliant business coach, Victoria Gibson
- Getting your message across effectively (+ use our pre-done marketing copy for your Facebook circle event)
- Learn how to create the 'know, like and trust factor' to attract the right mamas who share your vision & want to pay you
- Learn how to deliver powerful discovery sessions with prospective clients – to fill your circle programs
- Online platforms to get started. What you need now and what can wait.
- Your marketing budget and where to direct it to get the best return. When to use Facebook Ads and why
- Want to mix it up and deliver online circles as well? Here's what you'll need
- Expand your impact & meaning through a 'give-back' scheme or 'vision of change'
- Bring it all together in a 'Mind Movie' using body-brain biochemistry and neuroplasticity to magnetize your vision + rewire into a 'new abundant you'

### **Business Practice**

- Continue to deeply understand your IMA (Ideal Mama Avatar), ask questions, and learn to align your offerings with their pain points and aspirations
- Get set up with your online platforms (if you haven't already). Map out your profit plan
- Use Sacred Mama Circles vision & collaborative opportunities to grow your business with less effort
- Prioritize time to craft your mind movie vision and watch daily

### **Embodied Skills**

- Knowledge to activate your learnings and confidence to continue to test, tweak and deliver high quality circles programs and events
- Embody a feeling of abundance about your business, and a buzz of excitement in your conversations about it. Experience your circles vision coming to life!
- Ask Maria any other questions you have!



# THE 3-NIGHT RETREAT TRAINING

BEACH VENUE, NORTH OF BYRON BAY AUSTRALIA



*A powerful experience to embody mama sacred circles,  
receive it's healing medicine for yourself  
& ignite your leadership and business potential.*

- Expect opportunities to practice 'holding space' and 'leading circle', developing your personal potential.
- Expect activities to help you drop into your body wisdom & heart knowing, balancing your feminine and masculine energies.
- Expect to be taken to your edge, to grow & transform YOUR way, your timing.
- Expect to have the opportunity to learn, ask questions and have the professional support of Maria Golding.
- Expect embodiment and transformative activities, including meditation and conscious movement – such as Nia.
- Expect time to swim in the ocean, eat delicious vegetarian meals together, have time alone and even check out the up-market funky shops (clothes, books, gourmet cafes), or book a massage!
- Expect to be part of a sacred, magical, heart-opening, earth-connecting, sisterly fun & deeply fulfilling time. I'm so excited. Are you? X

Please note: Everything is invitational, and your self-care is always the priority!  
(Accommodation and some meals not included. Find out further details when speaking with Maria)

# THE 1-Day Experiential Workshop

An opportunity to connect with each other, go deeper into your practices, and up level your skills as a facilitator.

*"So many brilliant possibilities are birthed when we come together",  
Maria xo*

---

**SPEAK TO MARIA FOR MORE INFORMATION**

*(direct message through Facebook or email [maria@mariagolding.com](mailto:maria@mariagolding.com))*

---

## **\* Subject to Change**

Maria Golding and the School of Intuitive Motherhood may, and at its sole discretion, modify the Course Curriculum and/or Course Schedule, with or without notice, in order to correct any errors and/or provide you with new and up to date Course Content. By continuing to participate in the Course, you are agreeing to any changes implemented. We will provide you with notice by email of any significant changes which may impact your choice to continue with this Course, at which time it is your responsibility to contact Maria Golding and the School of Intuitive Motherhood with any concerns or to cancel your enrolment and/or continued participation in this Course.