

Cayley
Benjamin

What is matrescence coaching?

Quite simply, it is coaching that takes into account ALL of who you are including the physical, psychological, social, economic and spiritual transformation that occurs as you journey through your matrescence. In working together, my hope is to support you to feel validated in your choices, remove blocks in your thinking, explore options and ideas you've perhaps never considered, get clear on what matters to you, and to practice self compassion.

As a result of working together, you'll:

- Explore your unique journey through matrescence and how that has shaped your current perspective and priorities.
- Define who you are now and what matters to you.
- Reconnect with yourself and prioritize your wellbeing.
- Learn to identify your needs and then how to ask for what you need.
- Feel more fulfilled in this season of life.

"I am still blown away by how present and calm Cayley is as a coach. She listens in a profound way - I've never met anyone quite like her. As a result of my coaching sessions with her, I feel that I've gained the skill to quietly go inside whenever life gets tumultuous - she instilled in me the quiet confidence that I already have everything I need (answers, guidance, joy) inside of me."

— Kelsey, Montreal

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Possible topics of exploration within coaching might include:

- Your shifting identity
- Navigating motherhood and professional aspirations
- Managing the mental load of motherhood
- Personal purpose and meaning
- Prioritizing your own needs
- Exploring guilt
- Navigating difficult conversations
- Setting boundaries
- Advocating for yourself
- Exploring comparison and self doubt
- Gendered roles/the division of labour
- Unpacking societal/family expectations
- Self-compassion
- Presence and mindfulness

Clients that I've worked with have:

- Mindfully prepared for motherhood
- Reclaimed a sense of self and purpose after becoming a mother
- Identified sources of and overcome guilt
- Healed themselves from burnout and prioritized their wellbeing
- Established healthier boundaries at home and at work
- Increased their self-trust and inner validation
- Started creative projects
- Consciously navigated the return to work following parental leave
- Stepped out of the workforce
- Stepped back into the workforce
- Made major career changes
- Launched new businesses
- Stepped into new leadership roles

"Our coaching has inspired me to boldly step forward and lead with my strength. With Cayley's support, it was the first time I had felt that confident in my career speaking about what I needed from others in order to support me in my role."

- Emily, Vancouver

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The Process & Cost

Change happens over time; whenever possible, I recommend that we work together in 45 minute bi-weekly sessions for a minimum of three sessions. This allows for our relationship to develop, for different scenarios to unfold, and for us to stay in collaboration to see results. On average, clients work with me between 6-9 sessions.

Calls are hosted over the phone or zoom tailored to your specific season of motherhood. Included with coaching sessions are:

- An intake questionnaire to explore your journey through matrescence to date
- Personalized homework assignments and supporting material

Each 45 minute session is \$150 CAD, including GST. You will be invoiced monthly at the end of each month.

"I will carry with me the way Cayley helped me peel back the layers and figure out how to take action. She helped me determine the root cause of me feeling burnt out and steps to clear the path. I have a smile on my face just thinking about our time together."

-Katie, New York

"Coaching with Cayley increased my understanding of matrescence and helped me define the seismic shifts experienced in new motherhood. This awareness has given me more self compassion as a new mother and an unwavering respect for all mothers."

-Emma, Edmonton

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A handwritten signature in a cursive script, reading "Cayley Benjamin". The signature is written in a light brown or gold color.

About Cayley Benjamin

Cayley is a mom herself and an experienced coach and facilitator that values kindness, candour and vulnerability. After 14 years in personal and leadership development in the corporate world, Cayley now owns her own business educating and supporting moms through their journey of matrescence (the developmental process of becoming a mother). Based in Vancouver, she works with moms both one-one-one, in live virtual group programs and through self paced online programs.

Cayley completed her coaching education through the Co-Active Training Institute. She has been mentored by the world's leading matrescence researcher, Dr. Aurelie Athan, Clinical Psychologist and Faculty at Columbia University, and has completed her Motherhood Studies Practitioner Certification with Dr. Sophie Brock, a Motherhood Studies Sociologist.

Her own experience of personal growth includes overcoming self doubt (over and over, again), realizing her self worth, learning to use her voice and advocating for herself, letting go of expectations, and embracing mess and playfulness.

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