

NATHALIE BELLE LARANT

**TRANSFORMATION
COACH**



MEDIA KIT

TRANSFORMATIONAL COACHING

I am so excited and feel privileged to be working with you as your transformational coach, facilitator and leader (in training).

TRANSFORMATIONAL COACHING IS A NEW FIELD

Coaching has been traditionally focused on supporting individuals and organisations to set goals, create plans, formulate next steps and achieve results. These foundational skills have been valuable and have set a foundation for us to build upon.

However, in order for us to support women to access the power to self-actualise and manifest potentials, we need to evolve into a new realm of coaching called “Transformational Coaching”. This is **an integrative approach to coaching that incorporates different aspects of therapy, counselling, mentoring and training.**

Transformational coaching is a dynamic, growth-oriented relationship that creates a container for the client to tap into her deeper potentials, as well as question and release limiting assumptions, beliefs, and ways of being. This process expands the client’s meaning-making frames, and catalyses new ways of being, which leads to the cultivation of new skills and capacities.

DIFFERENCES BETWEEN PSYCHOTHERAPY, TRADITIONAL AND TRANSFORMATIONAL COACHING

In traditional coaching, we are focusing primarily on the future. In psychotherapy, we are focused primarily on events of the past. But transformational coaching, in a context that is about self-actualisation, is interested in recognising old ways of being, so they can be transformed in the present and create a different future.

THE ROLE OF A TRANSFORMATIONAL COACH/FACILITATOR/LEADER

A Co-Creative Partnership with The Client/Participant in Service of Her Self-Actualisation
Activator, Catalyser, Power Partner, and Evolutionary Midwife



My role as your power-partner is to create a jointly committed, dynamic, generative, growth-oriented relationship with you as the container from which you can ignite your higher potentials. Supporting you to identify and release inner barriers, breakthrough to new possibilities, as well as navigate the growth, evolution and change that is required to make these potentials manifest as tangible and concrete outcomes.

Specialising in Serving Women with Feminine Power

As a Feminine Power Transformational Coach/Facilitator/Leader, I will endeavour to be a role model to the ways of being and orienting to life that give access to creative power. As resources to the relationship, I will bring a deep awareness and embodiment of the Feminine Power principles, as well as the unique challenges and opportunities facing women on their pathway to self-actualisation.

Feminine Power Faculty Members have spent decades at the forefront of human potential - www.evolvingwisdom.com/faculty/

Sincerely,

Nathalie

ABOUT NATHALIE



Nathalie BelleLarant is deeply committed to helping women who have gone through the trauma of losing their unborn child by creating the Māmmaste Movement, an online community that currently supports more than 1200 women.

@Mammasteofficial is a community that is a safe and non judgemental space to share feelings about loss, grief and uncensored emotions.

With several years of experience as a Coach, Nathalie has worked with women to guide them to own and acknowledge their pain, teach them coping mechanisms and how to find empowering personal growth opportunities in their loss.

Nathalie also knows from experience what it feels like to lose an unborn child, not once but three times. She lost her babies at different stages in each pregnancy and for different reasons; Nathalie chose to have an abortion for life-style reasons, had a heart-breaking 20-week termination due to a medical condition and also had a natural miscarriage.

With time and skills, Nathalie learnt how to transform her pain into empowerment by drawing a positive lesson from each experience. The healing process was life changing and she was determined from that point onwards to help women who were trapped in their grief by giving them the support to move on.

Nathalie feels so privileged to have women who have joined the Māmmaste Movement say remarkable things about the impact the group has had on their lives.

These have included:

I found your account and this message has been stuck in my head and heart since ever I read it. It brings me so much peace to consider our lost baby as a teacher who came with a message for us." - @lizzy333

"Congratulations on starting such a thoughtful page...a place where we can share our thoughts and heartbreak and reach out to people that care." - Kristy Oxley

"This post is everything. #consciousgrief is such a great hashtag because it's exactly what we need to make it through. So that we can heal. Because WE CAN HEAL. And we can grow." - @khuieharrison

What lights Nathalie up about her work is knowing she can help women find a lesson in their loss. Nathalie chooses to believe our children only want our greater good. They don't want to see us suffer. They chose us for a reason, to teach us something, so we owe it to them to honour their sacrifice and start listening to the message they want us to hear.

What sets Nathalie apart from other coaching services is when she works with her clients she is teaching them about self-actualisation and recognising old ways of being, so they can be transformed in the present and create a different future.

Nathalie is qualified and accredited in the following areas:

- Feminine Power Transformational Coach
- Feminine Power Transformational Facilitator
- Feminine Power Transformational Leader
- Neuro-Linguistic Program (NLP) Master Practitioner
- Ericksonian Hypnosis
- Infant massage and baby yogi massage instructor
- AromaTouch Technique practitioner
- Essential Oil Coach

Nathalie is also a member of the International Institute of Complementary Therapies (IICT), and is aligned with the Australian best practice of the Centre Of Perinatal Excellence (COPE).

To join the Māmmaste Movement visit @mammasteofficial on Facebook and Instagram. You can find further information about workshops and one-on-one sessions at www.mammaste.com.au.



Māmmaste shows women how to survive after pregnancy loss

by Nathalie BelleLarant

I take my first steps into what seems like a dark, endless, lonely corridor, holding nothing but my husband's hand.

With each step I take, I'm moving away from my 20-week-old daughter Amélie Belle, stillborn that morning in the hospital room.

My legs are so heavy that each step feels like defying extreme gravity. The battle in my head echoes in my bleeding heart and body.

11 years have past since I walked the corridors but in a breath, I can relive that moment like it was yesterday.

My heart and soul were pulled from my chest that day, my husband's consoling words blocked out by my own inner voice screaming in my head, begging me to turn back and hold my daughter one more time, to protect her for a little longer.

I'm not alone in wanting to stop time, to remain with a loved one forever. I held onto Amélie emotionally and even physically, I didn't want to heal her spot in my womb.

This was the hardest thing I had to do, let go of our child that we loved unconditionally.

Hope was an unexpected feeling to experience at this time but while all of the emotional turmoil swirled around me, I knew I was going to go on a journey.

I had to dig deep, squeeze my husband's arm even tighter and call the universe for all the courage I could get to see me through this.

And I thought "be gentle with yourself, allow yourself to grieve, it's ok to cry and feel despair, but there has to be light at the end of the tunnel. It must have happened for a reason."

My husband and I had lost another pregnancy just a year earlier, and I was still feeling vulnerable from guilt, sadness and fear from the loss. When I fell pregnant again with Amélie, I buried it all under the joy of the new life, and didn't deal with it.

I have always been fascinated with the science of the mind, and I studied previously the

healing techniques of NLP, hypnosis, body therapy and emotional aromatherapy. So when I lost my daughter Amélie I started to apply these healing techniques to myself.

I had to do something to get out of the hurt, I had to make sense of it all. I didn't want to feel numb for the rest of my life. I thought my daughter didn't deserve to die in vain.

Losing Amélie affected my wellbeing, my sexuality, my sense of self-worth, my ability to care for my family. I couldn't really engage with anyone I felt distant from reality, a parallel universe in which I was only existing, not living or feeling.

My professional career was a refuge of busyness, a distraction from the pain. I suffered severe post natal depression a year later, following the birth of our rainbow baby Benjamin, but I was in absolute denial and didn't want to ask for help so I never treated my depression, which allowed it to last for a decade!

In 2018 I founded Māmmaste

(a twist on the salute Namaste) to honour the Divine in my three lost babies. Māmmaste means "my Child, the Divine in me bows to the Divine in You."

I founded the movement #IamAMammaste first of all to break the silence and raise awareness about pregnancy loss.

One in four women experience pregnancy loss. It's a frightening statistic!

And secondly with #ConsciousGrief I want to empower other women so they can feel pride, joy and gratefulness when they think about their child, rather than guilt, pain and sorrow.

It's a horrible place to be.

Visit the online community @mammasteofficial on Facebook and Instagram to share your story and support other women to break their silence, share their story and empower one another.

Don't be alone for the hardest experiences in your life

by Nathalie BelleLarant



On the outside it looked like I was living the dream. I was in my mid thirties, in a committed long-term relationship with my boyfriend for more than 10 years and I had just found out I was pregnant.

On the inside I was living a nightmare.

The committed relationship was rocky and was made all the more challenging when I confirmed the baby wasn't my boyfriend's.

Over time I had developed an extraordinary friendship with a man I used to work with and who is now my husband. One night the friendship turned into something else.

Little did I know, I fell pregnant that night, and had no idea for weeks on end. I had never been pregnant before and didn't make the connection with the early signs, so I only know when I was told.

I was confronted with an overwhelming situation. I didn't actually know who the father was. My friend agreed to a paternity test and it was confirmed to be his.

But I didn't want the baby.

I needed to be with my boyfriend, I was committed and I wanted to make my relationship work. There was no way I could actually raise somebody else's baby while being in a committed relationship.

After a really long, agonising decision-making process, with no one to talk to that could offer me an unbiased sounding board, I decided to have the abortion.

My boyfriend knew I was pregnant but was doubtful it was his child. Two of my sisters knew but were conflicted with their support of my decision and my parents knew but were unaware of who the father was and were devastatingly excited.

The isolation was the most horrible part of it. I had so much guilt, so much emotional turmoil as to how many people I was hurting, how many people I could not tell the truth to, so I decided to lie about what was happening.

The procedure was extremely stressful. I was completely alone. I had no one to talk to

about it, no one to open up to.

The emotional hurt was soul destroying, the effects of which I still feel today.

Once the procedure was over the doctor said:

"Oh, that was a nicely formed little baby. 13 weeks."

I have to live with those words forever.

At that stage in my life, I didn't know I was going to ever be pregnant again. But I knew at least I had created that life unexpectedly.

As a Transformational Coach I now know the importance of being able to express, and saying out loud the things that have been locked down inside for a long, long time, or for a very short time if this has happened to you recently.

It is important for your emotional wellbeing to speak up and share. You can do this just for yourself by journaling or you can share with other people in a safe and trusting environment.

One of my biggest achievements is creating the Māmmaste Movement which is an online community for women to break their silence, share their story and empower one another after their pregnancy loss.

I run monthly live Facebook workshops within a private Facebook group, where I encourage my members to join in the conversation and share their challenges in a safe and trusting environment, just like I have.

It fills my heart with joy to have more than 1200 women be part of the movement to date.

You can share your experience in a story, as a post, maybe as a picture, or a drawing, or a copy of your journal. Whatever form you decide know that your story is safe and in a sacred place.

Please feel free to visit @mammasteofficial on Facebook and Instagram. I look forward to meeting you.

FREQUENTLY ASKED QUESTIONS

➔ What is Māmmaste about?

I created the Māmmaste movement - a twist from the greeting Namaste - as a message for those who have experienced miscarriage, abortion, still birth or neonatal loss. Māmmaste honours my three lost babies, as well as yours: "My Child, the Divine in me bows to the Divine in you".

The movement embodies our deepest love and gratitude towards the precious soul that shared our lives for a brief moment. Together we can ignite the divine light that helps us heal, in search of meaning, understanding, compassion, forgiveness and peace.

It is my belief that when we chose to break the silence of our pregnancy loss and share our stories, even if we only share within ourselves, we start to open up to the opportunities of learning and growth.

➔ Who is Māmmaste suitable for?

Women who are ready to open themselves up to a different way of living beyond the pain they are feeling. They are ready to move forward and turn their story around, finding meaning in their loss and putting a stop to the negative impact their grief may be having not just on themselves but others around them.

➔ What is a transformational coaching?

In traditional coaching, we are focusing primarily on the future. In psychotherapy, we are focused primarily on events of the past. But transformational coaching, in a context that is about self-actualisation, is interested in recognising old ways of being, so they can be transformed in the present and create a different future.

➔ Do women have to share their stories with the group?

A women's journey to healing is a personal experience. I believe that sharing your story is a way to heal and move forward. But you don't have to do this in a group environment if it doesn't feel right to you. You can journal, create a picture, draw or record your story so you can start to articulate your feelings.

When members of the group do decide to share their experiences, they will be doing so in a safe and trusted place.

➔ What are your services?

I offer women a variety of services to support them through their journey.

Online - Free

All women have access to @mammasteofficial via Facebook and Instagram. I regularly post information and tips to help women through their day.

Women can also request to join my private Facebook group where I conduct monthly online healing workshops and encourage non-judgemental conversation.

In-person meet ups - \$10

Meet-ups are held regularly across the Gold Coast. These sessions are designed to create connections with other women so you know you're not alone. You can find meet-up dates via the website www.mammaste.com.au

In-person/online workshops - starting at \$47

I hold In-person as well as online workshops for women to explore #ConsciousGrief, 3 Critical steps to navigating a grief journey. For workshop dates please refer to the website www.mammaste.com.au or my Facebook page @mammasteofficial

One-on-one Coaching - Packages starting at \$375

These sessions are for women who are ready to move forward from their grief and need someone to guide them through in a private session. Grief is not a linear process, we all grieve differently. It doesn't matter if a woman's loss is a week old or has occurred many years ago. Sessions are held in a virtual meeting space so women can open up from the comfort of their home.

Reborn Mamma Program - Coming Soon

My signature program guides women through a self-paced healing and life-changing online course, which follows the footsteps that I took to heal myself. The key benefit is to gently transform the hurt into opportunities for crafting a new life and realigning their compass with their inner power, passion and purpose. For further information about the program launch date, please refer to the website www.mammaste.com.au

TESTIMONIALS

I recently conducted a research program with a select group of women in leadership, who had undergone IVF treatment. I wanted to ensure I would be supporting their specific emotional journey around fertility with the most appropriate options for coaching.

I would like to share with you some of their wishes so you can have a better understanding of the emotional turmoil fertility patients experienced.

They give us an insight into these women's emotional state, some of which they may not share with their doctor because fertility clinicians already face such complex challenges on the physical plane.



"I am a woman aged 35 who has recently undergone IVF to conceive my son. The journey I have experienced was confusing and emotionally taxing. I believe I could have utilised some sort of support or counselling service to help me work through the plethora of information available, and to offer emotional support at a time where I felt the most vulnerable.

I have known Nathalie for the past seven years, and have the utmost confidence in Nathalie's ability to provide support and counselling services to women undergoing reproductive and fertility treatments."

- PanAust Limited Project Controls Manager Hazel Horrell

"After going through IVF for 12 years, we were lucky to get a positive outcome. It was an incredibly lonely, difficult journey without a lot of emotional support offered along the way. I wish I had been offered a program that helped us to mentally manage this process better, so I didn't have to bear the burden alone, jeopardise my relationships and instead lead a happier existence through the IVF process.

Those 12 years were a bit of a blur on the conveyor belt that is IVF. I saw the best specialists, but no one ever discussed the mental agony we (my partner and I) were silently suffering.

A support system like Nathalie's would have been life changing."

- Inclusive People Solutions Director
Tanya Lowe

"I wished I had someone who could guide me through how to manage both my career and the crazy emotional and physical journey that goes along with infertility, so that I could better manage the stress and anxiety.

The insanity of injecting in the bathroom between meetings was too much sometimes and I know it impacted our journey for sure."

- Human Capital Consulting Director
Nicole Tewierik

I wish ...

NATHALIE BELLE LARANT

Fertility coach | Soul midwife

www.mammaste.com.au