



Confidently Childfree  
Group Coaching Program  
April-July 2024

Investment: \$697 or 3 payments x \$233  
[USD currency. Pricing is tax-inclusive.]

A 3-month group coaching program for women who are (almost) sure they want to be childfree.

**Go from shaky to rock-solid in your childfree choice.**

[CLICK TO JOIN](#)

**Can you relate?**

◇ At this stage you're pretty committed to living childfree, but you've admittedly got some doubts that arise and it's hard to feel totally at ease.

◇ Even though *most* of you is confident and happy with your choice, the small percentage that's not, consumes you a disproportionate amount. (Read: some days you're still kinda obsessed with thinking about the whole thing).

◇ You spend most days thinking, "Yes! My childfree life is freaking great!" — then \*enter stage right\* [your cute new niece...your best friend talking about how motherhood is the absolute best...a random internet troll saying that childfree people are selfish and will die alone].  
You: "Okay wait — am I *sure* I'm making the right choice?"

◇ When you think about your later-in-life childfree future — actually, hold on — maybe it's best if you don't. It's either a gaping hole of...well, what *is* it going to be like when you're 60? 70? 80+? What if [your partner dies...you become super ill...everyone is consumed with their own kids, grandkids, families] — then what?

◇ You sometimes feel like you're an outsider among your family, friends, and other people your age. It's hard doing the thing that most people aren't.

◇ There's a part of you that feels a bit sad; torn knowing you're missing an experience that isn't

like anything else. A part of you wonders if you might have future regret.

◇ You wish you could more confidently navigate awkward conversations, like people asking, “So, do you have kids?” and “Why not?”

**Yes, you’re pretty sure you’ve chosen the right path. But there’s a part of you that still wobbles sometimes...and you secretly wonder if your childfree choice will always feel this way.**

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So how can you grow your confidence and fully embrace your childfree life?

How can you handle the ups and downs along your path?

Is there a way to not feel quite so lonely for choosing the less-chosen choice?

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**If you:**

◇ Are ready to work through any lingering doubts or worries about being childfree — rather than hoping if you ignore them — or ruminate on them — they’ll get resolved

◇ Want to be part of a group of like-minded women who know first-hand what it’s like to be childfree by choice

◇ Want the support of someone who’s learned to embrace a confidently childfree life

◇ Are ready to face and plan for your childfree future with excitement, rather than dread

**So you can step confidently — and with joy — into the rest of your childfree life.**

**This 3-month program will include...**

◇ 6 x 2-hour group coaching calls — hosted on Zoom every other week; each session will focus on a different aspect of becoming confidently childfree, and helping you step into your most joyful and fulfilled childfree life

◇ 1 x 1-hour wrap-up call to celebrate all you’ve discovered and learned over the preceding 12 weeks

◇ Guidance through a proven process that will help you get more confident, and work through

the challenges, on your childfree path

- ◇ Community and support between calls, via a dedicated Slack channel, for the duration of the 3 months
- ◇ Resources and support delivered between our live calls, to tackle specific questions that have come up, or on topics that are specifically tailored to participants in the group
- ◇ Exercises and questions to explore or delve into deeper on your own time

**Here's just some of what we'll dive into together over these 3 months.**

**You'll...**

- ◇ Identify and prioritize your unique wants, needs, and overall vision for your fabulous childfree life
- ◇ Learn how to “lean in” to being childfree, and make peace with your decision to live a childfree life
- ◇ Dream big about what your childfree future might hold, and embrace the unique opportunities that being childfree brings
- ◇ Feel into and process, rather than reject, any difficult emotions that come up related to your choice
- ◇ Navigate your relationships, and determine the boundaries you need to create, so you can fully enjoy your childfree life
- ◇ Create and discover new opportunities for childfree community and friendships
- ◇ Consider some of the practicalities and begin planning for your later-in-life childfree self
- ◇ Explore the challenging beliefs, fears, and judgments — of both yourself and others — that arise when deciding to be childfree by choice

**So you can go from shaky to rock-solid in your childfree choice — and find true confidence, fulfillment, and joy on this path.**

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**Imagine how it will feel to be truly confident in your childfree choice.**

**To not be constantly thinking, “What if I chose wrong?” or worried about what the future might bring.**

**To know you’re not alone on your path and that only possibility lies ahead.**

**What would it mean to *you*, to be confidently childfree?**

Excited to join us for the program?

**[CLICK HERE TO JOIN US](#)**

Have a question about whether this program is the right fit for you?

Email me at [hello@keltiemaquire.com](mailto:hello@keltiemaquire.com).

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Quick FAQ’s for you — if there’s something I missed, just ask!

**1.) When do the sessions take place?**

Our calls will be from 6-8 pm CET (12-2 pm ET) on the following dates (all Tuesdays):

April 23rd

May 7th

May 21st

June 4th

June 18th

July 2nd

July 9th (1-hour wrap-up call)

Can’t make a call live? All sessions will be recorded for participants to re-watch or catch up if there’s a date you have to miss.

## **2.) How certain is “almost certain”?**

At this stage, you see it being unlikely that you will have kids (though please know, you are of course, allowed to change your mind!). That said, you no longer consider yourself to be on the fence. Despite this, there are still some lingering questions and worries on your mind, that are holding you back from feeling as at ease and confident in your choice as you would like.

## **3.) Will there be homework between sessions?**

I'll be sharing different exercises, questions, and in some cases, pre-recorded trainings for you to watch, between our calls. To get the most out of the program, I highly suggest putting aside an additional 1-2 hours per week to go through these.