



## Confidently Childfree Group Coaching Intensive January 2025

Investment: \$297 or 2 payments of \$149  
[USD currency. Pricing is tax-inclusive.]

A 1-month group coaching intensive for women who are (almost) sure they want to be childfree.

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

[CLICK TO JOIN](#)

### **Here's a quick program overview:**

(Psst - you can find full details on the next page.)

#### **Who's it for?**

Women who are pretty sure they don't want kids, but keep wobbling on their decision, and want to finally feel good about their childfree choice.

#### **What exactly is it?**

Four consecutive weeks of online coaching and support in an uplifting group setting — designed to help you hone more confidence and assurance in your childfree decision.

#### **What's included in the intensive?**

- ✓ 4 x 90-minute live group calls (recorded in case you can't make all of the sessions live).
- ✓ Weekly videos from Keltie, featuring mini trainings on topics to help you cultivate greater confidence and clarity about your childfree choice.
- ✓ Exercises and questions to explore between calls.
- ✓ Access to a dedicated Confidently Childfree Slack channel for support and community for the duration of the program, from fellow women who get it.

#### **What does it cost to join?**

A 1-time \$297 or 2 payments of \$149

[CLICK TO JOIN](#)

## Can you relate?

◇ At this stage you're pretty committed to living childfree, but you've still 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 still obsess 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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*“The sessions are a great combination of guided questions, exercises, and reflections while always leaving a lot of room for free-flowing discussion. Confidently Childfree facilitates a deep-dive into one’s thoughts, fears, socialisation and deep-rooted beliefs about the childfree life; it enables an exploration of where they might come from and what is keeping you from embracing this life wholeheartedly.” ~ Verena, Germany*

**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 1-month program includes...**

- ◇ 4 x 90-minute group coaching calls — hosted on Zoom each week; each session will focus on a different aspect of becoming confidently childfree, and help you step into your most joyful and fulfilled childfree life
- ◇ Guidance through a proven process that will help you get more confident, and work through the challenges, on your childfree path
- ◇ Weekly videos from Keltie, featuring mini trainings on topics to help you cultivate greater confidence and clarity about your childfree choice.
- ◇ Exercises and questions to explore or delve into deeper on your own time
- ◇ Community and support between calls, via a dedicated Slack channel, for the entire month

*“My spiralling thoughts are gone and the fear alongside it to make the wrong choice. Plus, there is more calm and I’m not triggered anymore by virtually everything that would remotely link to the topic of having children. It’s like there is movement again in my life. I’m not stuck at crossroads and I feel lighter.” ~ Mariska, Netherlands*

**Here’s just some of what we’ll dive into together over this month together.**

**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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*“The Confidently Childfree programme offers so much more than help with potential fear or regret about not becoming a mother. It’s a supportive space to explore all the ways in which you might feel stuck and not able to move forward in living the life you truly want. The sessions are well designed, but also flexible enough to allow for natural conversation to flow and unexpected topics to crop up. Keltie’s warm and open coaching style also fosters a real sense of community, so that you can really see and feel that you are not alone. No comment is too stupid, small or shameful. The small group size is also perfect to allow for different session formats such as individual reflections, group discussion, or coaching ‘hot seats’. The programme really gets to the heart of why we sometimes second-guess ourselves and provides practical frameworks to allow for greater self-trust and compassion with what can only be a deeply personal and individual decision.” ~ Gemma, U.K.*

**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@keltiemaguire.com](mailto:hello@keltiemaguire.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 4 x 90-minute calls will be from 6-7:30 pm CET (12-1:30 pm ET) on the following dates (all Thursdays):

January 9th  
January 16th  
January 23rd  
January 30th

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'll have kids (though please know, you are of course, allowed to change your mind!). 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, pre-recorded videos 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.

**[SIGN ME UP!](#)**