



The Kids or Childfree  
Group Coaching Program  
October - December 2024

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

A 3-month group coaching program for women who are on the fence about kids.

**Get clarity on the decision that's right for you.**

[CLICK TO JOIN GROUP #1](#)

(Tuesdays from 12-2 pm EST | 6-8 pm CET)

[CLICK TO JOIN GROUP #2](#)

(Wednesdays from 6-8 am EST | 12-2 pm CET | 8-10 pm AEST)

**Does any of this sound familiar?**

- ◇ You're tired of the Kids or Childfree choice consuming your every waking thought. (Oh yeah, and some of the sleeping ones too — pregnancy dreams, anyone? What, you misplaced the baby? Don't worry, I had those too.)
- ◇ Each birthday is accompanied by a feeling of, "Oh-shit-oh-shit-oh-shit — I thought by *this age* I would finally know what I want".
- ◇ The few people you discuss this topic with seem nearly as tired as you are of all of the back and forth.
- ◇ Nevermind that everyone has some damn strong opinions you're having trouble separating from your own. ("Will I regret it? *Should* I "just know"?)
- ◇ Every time you think you've reached a decision, something inside you screams, "But I'm still not sure!"

**Even worse than all the waffling? It's the deep fear that you'll decide and get it wrong.**

**What if you choose the wrong path and have to live with its consequences — and regret — for the rest of your life?**

*"I was very nervous at the beginning of our first session because this decision seemed so fraught, high-stakes, and emotionally charged. However, with the way we eased into the course, and the thoughtful material and safe space on Zoom, facing the KCF decision seemed less scary and more manageable." — A.P. Victoria, Canada*

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I've been there and I know how lonely, alienating, and shameful it can feel not to have clarity on something you've been told you should just know.

I spent the better part of a decade trying to decide if motherhood was for me.

**I can also tell you from the other side of having made a decision that a clear and confident Kids or Childfree choice *is* possible — and that you can live a joyful and fulfilled life no matter what you choose.**

But here's the slice:

A clear, confident decision won't just magically happen; getting clear on your right choice requires a commitment to do the work.

Identifying what really matters to you.

Connecting with your unique wants, needs, and who you are.

Working through the fears that are keeping you stuck, and separating external pressures and judgement from what you *really* want.

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**If you:**

- ◇ Are done with spending so much time and energy flip-flopping back and forth, trying to make a choice
- ◇ Are ready to make a decision that feels right for you — no more hoping the answer will just show up
- ◇ Want to be part of a group of likeminded women who get first-hand what it's like to be ambivalent and unsure about whether to have kids

◇ Want the support of someone who's been where you are, and ultimately reached a decision that feels good and true

**...my Kids or Childfree Group Coaching Program was created for you.**

*"The Kids or Childfree program provided me with a much-needed space to explore deeply personal and important questions in a supportive and brave space." ~ Alexa, New Jersey, USA*

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

◇ 6 x 2 hour group coaching calls — hosted on Zoom every 1 to 2 weeks; each session will focus on a different aspect of the decision so you can make a confident choice

◇ 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 connect with what you want

◇ 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 life

◇ Discover how to meet yourself with self-compassion and honour who you are and what you want

◇ Get clear on what you need to feel good with your decision, no matter what it is

◇ Learn to recognize and accept difficult emotions that arise through the decision-making process

◇ Determine the internal and external influences that are keeping you stuck and/or playing a role in your choice

◇ Navigate your relationship with others – including your partner, should this apply — as it relates to your choice

◇ Consider the practicalities of both sides of this decision

◇ Explore the challenging beliefs, fears, and judgments — of both yourself and others — that arise while making this choice

**So you can make a decision that's right for you — no matter what you choose.**

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*"I loved that you approached both choices with the respect they deserve. As I settle in to being childfree, its feels really important to me to not fall into a pattern of pitting each option against each other. I think your approach set things up to be very supportive of either choice, and shows the both pathways have their benefits and challenges." ~ Katie, New York, USA*

**Imagine how it will feel to have finally made a confident choice.**

**To not have this huge — yep, the *mother* of all decisions — hanging over your head.**

**To know you're finally clear on what *you* want and the direction you're moving in in this area of your life.**

**Can you practically *taste* the relief?**

Excited to join us for the next round of the program?

**[CLICK TO JOIN GROUP #1](#)**

(Tuesdays from 12-2 pm EST | 6-8 pm CET)

**[CLICK TO JOIN GROUP #2](#)**

(Wednesdays from 6-8 am EST | 12-2 pm CET | 8-10 pm AEST)

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?

**We have two groups of this round of the program that are happening, depending on your availability.**

**The sessions for Group #1** will take place from 6-8 pm CET (12-2 pm EST), Tuesday, on the following dates:

October 15th  
October 22nd  
November 5th  
November 19th  
December 3rd  
December 10th  
December 17th (1 hour wrap-up call)

**The sessions for Group #2 will take place** from 6-8 am EST (12-2 pm CET | 8-10 PM AEST), Wednesday, on the following dates:

October 16th  
October 23rd  
November 6th  
November 20th  
December 4th  
December 11th  
December 18th (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.) I'm single — is this just for people who are coupled up?

This program is for *any* woman who is on the fence about whether or not they want kids — regardless of your relationship status.

### 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. In order to get the most out of the program, I highly suggest putting aside an additional 1-2 hours per week to go through these.

#### **4.) Will this be like your 2-hour Kids or Childfree workshop?**

Yes and no. Yes, in that the live sessions will be delivered in a similar format.

No, in the sense that we will go much deeper and touch on further topics and aspects of this decision. Plus, because the program is 3 months, you'll be able to really reflect on and integrate everything that comes up so you can reach a confident decision.

*"Meeting people that are in different but very similar places in terms of making these life choices was so freeing, and provided such support and insight." ~ Alison, Winnipeg, Canada*