

Certified Mother-Daughter Coach

Training Course Syllabus



In this course, **Rosjke Hasseldine** MS, MBACP (Accredited) passes on what she has learned through her 25+ years working with thousands of mothers and daughters of all ages and from around the world.

Rosjke Hasseldine is the “mother” of Mother-Daughter Therapy/Coaching, author of *“The Silent Female Scream”* and *“The Mother-Daughter Puzzle”* and founder of Mother-Daughter Coaching International LLC. She teaches around the world demystifying the dynamics between mothers and daughters, including at the United Nations Commission on the Status of Women in NY City, 2017 and 2018.

She will teach you how to –

1. Change women’s generational experience with being invisible as a person.
2. Change women’s generational experience with emotional silence and emotional neglect.
3. Map your own and other women’s Mother-Daughter History.
4. Understand why so many women and mothers & daughters feel unheard and misunderstood.
5. Coach women and mothers & daughters to have an emotionally honest relationship.
6. Coach women to speak up and trust their truth, regardless of whether people listen.

Who is this course for?

Anyone who is passionate about creating a world where women are heard, respected, and equal.

It is particularly suited for activists, coaches, therapists, teachers, midwives, doulas, and people who work with women & girls and mothers & daughters in private practice, NGOs, churches, and charities.

Course benefits

1. It will give you the tools you need to empower the women & girls and mothers & daughters you work with to see themselves as their own person and advocate for themselves.
2. It will empower you as a person and activist, who fights for women's rights and generational change.
3. It will help you understand your own and women's generational mother-daughter history.
4. You will be able to market yourself as a *Certified Mother-Daughter Coach* and use the logo on your website and advertising materials, as well as have your contact details listed on www.motherdaughtercoach.com
5. You will be part of a revolutionary community that is creating a world that listens to, trusts, and supports women.
6. You will receive training and mentorship from Rosjke Hasseldine.



Course structure

The course is taught in small, twice monthly, online groups through Zoom because getting to know you is important to me.

The online course consists of 10 small group lessons, each lesson is 90 minutes.

Students receive 2 individual lessons, 30 minutes each during the course.

Each lesson requires 5 hours of home study time for journaling, homework exercises, and practice.

The total time commitment is 15 hours of tuition + 50 hours of home study = 65 hours.

| Lesson | Topic |
|--------|---|
| 1 | The Mother-Daughter Coaching Model and why mothers and daughters fight. |
| 2 & 3 | Map women's Mother-Daughter History. |
| 4 | Listen so that mothers and daughters feel heard. |
| 5 | Decoding women's behavior without shame or blame. |
| 6 | What mothers and daughters want. |
| 7 | Coaching mothers and daughters to listen to each other. |
| 8 | How to conduct a 6 sessions mother-daughter coaching package that heals mother-daughter conflict and facilitates change. |
| 9 | Being a change facilitator. |
| 10 | <p>Graduation and how the Mother-Daughter Coaching Model empowers women at work and in all their relationships.</p> <p>This syllabus is only a guide.</p> |

Texts and Assignments

- The Mother-Daughter Puzzle* by Rosjke Hasseldine
- The Silent Female Scream* by Rosjke Hasseldine
- The New Don't Blame Mother* by Paula Caplan

You are required to keep a journal, to practice your skills on friends or clients, and submit an audiotape at the end of the course.

Cost

Tuition is \$3,000 USD. This includes all instructional material except required texts. Payment can be made in instalments. The course must be paid in full before you begin.

Cancellations up to 4 weeks before the start of the first lesson receive a full refund. After that, no refund will be issued.

The course fee is easily recouped through increased client revenue!

Payment is made through Credit card or PayPal

How do I Apply?

Go to <https://www.rosjke.com/certified-mother-daughter-coach/> and submit your online application.

Contact Rosjke

Email: rosjkehasseldine@gmail.com

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Visit www.rosjke.com and www.motherdaughtercoach.com for more information and free videos.

The logo for Rosjke.com is written in a blue, cursive, handwritten-style font. The 'R' is large and loops around the 'osjke'. The '.com' is in a smaller, simpler font.

Mother-Daughter
Coaching International