



EMPYREAN
you

THRIVE BEYOND POSTPARTUM
DEPRESSION & BABY BLUES

Experienced life counselling & coaching for women



WELCOME TO THE AGE OF EMPYREAN *motherhood*

At Empyrean You, we help new mothers balance their parental responsibilities with self-care, addressing postpartum depression and anxiety. Our approach restores self-love and confidence, guiding you to emotional balance and wellness.



ABOUT *Isabel*

Isabel Ayres, the driving force behind Empyrean You, is a beacon for mothers navigating the trials of early motherhood and Postpartum Depression (PPD).

Having gone through two postpartum depressions herself and lived on three different continents, she understands well the struggles of mothering in this current age while primarily maintaining your mental health in check.

Her journey as a mother lends Isabel an empathetic perspective as she offers tried-and-tested, practical guidance to help mothers build strong bonds with their children and nourish relationships.



ABOUT *Empyrean You*

Empyrean's mission is to break the negative cycle of PPD and empower women to regain emotional control and embrace motherhood with confidence.

At Empyrean, the support is passionate and the approach is inclusive, ensuring every member, including men, can access empathy-driven guidance. Through accountability, information, and knowledge, empyrean stands unwavering in its pledge of healing for all its members. Join Isabel for a transformative journey back to your true self, fostering emotional, mental, and physical well-being.

POSTPARTUM DEPRESSION & BABY BLUES

With newborn parenthood, juggling emotional upheaval, sleep deprivation, hormonal unbalance and the overwhelming feeling of being stuck inside a hurricane are common. You do not have to go through this alone. Discover your strength between motherhood and individuality.



THE PROGRAMME | BREAKDOWN

There's such a beauty and relief in going through the truly transformative steps in the method. This programme has been divided into the below structure:

The Discovery Call
A 20-minute Discovery Call

Starting with Prevention
Preventing Postnatal Depression

2 Week Programme
Embracing the Transition & Unmasking Postpartum Depression
2 Modules

4 Week Programme
Overcoming PPD: A Journey to Empowerment
4 Modules

8 Week Programme
Thriving Motherhood: The Empyrean Method Journey
8 Modules

Individual Module(s)
Your Choice of Module(s)

THE DISCOVERY CALL

We will begin with a 20-minute discovery call, offering you a safe space to share your thoughts, feelings, and concerns. This conversation will help us understand your needs and guide you towards the most appropriate programme for your journey.

STARTING WITH PREVENTION

This one-hour chat provides a safe space to explore your thoughts, feelings, and concerns in greater depth. Building on the Discovery Call, we'll identify your needs, potential triggers, and challenges, and introduce suitable programmes to support your journey.

The session will conclude with actionable next steps and tailored support options to empower your postnatal wellness.



THE PROGRAMME | BREAKDOWN

All modules include The Discovery Call and Starting with Prevention | Preventing PPD

2-WEEK PROGRAMME

Helping you embrace the transition to motherhood.

Over two weeks, we'll address your fears, understand the changes motherhood brings, and provide tools to recognise signs of PPD and grounding practices to manage symptoms.

MODULES INCLUDED:

- Module 1: Embracing the Transition
- Module 2: Unmasking Postpartum Depression

4-WEEK PROGRAMME

A continuation of 'Embracing the Transition & Unmasking Postpartum Depression' with 2 additional weeks focused on overcoming PPD.

We'll reconnect with your authentic self and cultivate self-love through self-compassion techniques and positive affirmations.

MODULES INCLUDED:

- Module 1: Embracing the Transition
- Module 2: Unmasking Postpartum Depression
- Module 3: Reconnecting to Authentic Self
- Module 4: Cultivating Self-love

8-WEEK PROGRAMME

Helping you embrace the transition to motherhood.

Over 8 weeks, we'll address your fears, understand the changes motherhood brings, and provide tools to recognise signs of PPD and grounding practices to manage symptoms.

MODULES INCLUDED:

- Module 1: Embracing the Transition
- Module 2: Unmasking Postpartum Depression
- Module 3: Reconnecting to Authentic Self
- Module 4: Cultivating Self-love
- Module 5: Building Resilient Relationships
- Module 6: Balancing Mind-Body Wellness
- Module 7: Nurturing Emotional Well-being
- Module 8: Thriving in Motherhood

THE MODULES | BREAKDOWN

MODULE 1: EMBRACING THE TRANSITION

Addresses the fear of change and the challenges of accepting motherhood. It includes self-reflection exercises and visualisation techniques, leading to increased acceptance of the transition into motherhood and reduced fear associated with change.

MODULE 2: UNMASKING POSTPARTUM DEPRESSION

Focuses on recognising postpartum depression (PPD). Through journaling exercises and grounding practices, participants will gain increased awareness and understanding of PPD symptoms.

MODULE 3: RECONNECTING TO AUTHENTIC SELF

Tackles the loss of identity and disconnection from self. It incorporates self-reflection and mindfulness meditation to help participants strengthen their connection with themselves and establish self-understanding.

MODULE 4: CULTIVATING SELF-LOVE

Addresses the loss of self-love, guilt, and self-doubt. By using positive affirmations and engaging in self-care activities, participants will develop a renewed sense of self-worth and self-love.

MODULE 5: BUILDING RESILIENT RELATIONSHIPS

Addresses tension in relationships and difficulties in bonding with the child. It employs communication exercises and mindful parenting tips to help participants improve relationships and build a deeper connection with their child.

MODULE 6: BALANCING MIND-BODY WELLNESS

Addressing the neglect of physical health. Participants will follow simple exercise routines and nutrition guidelines to establish a sustainable routine for physical well-being.

MODULE 7: NURTURING EMOTIONAL WELL-BEING

This module addresses emotional overwhelm and anxiety. Through mindfulness exercises and emotional regulation strategies, participants will improve their emotional health and increase their emotional resilience.

MODULE 8: THRIVING IN MOTHERHOOD

Tackles fears of future challenges and an unclear path ahead. It equips participants with the confidence to navigate future challenges and fosters clarity and preparedness for the motherhood journey.

INDIVIDUAL MODULE(S)

If you're looking for a specific module, why not create a personalised programme tailored to your unique needs and priorities. This approach allows you to focus on the areas most relevant to your journey, ensuring the support you receive is both flexible and effective.

Module 1: Embracing the Transition

Module 2: Unmasking Postpartum Depression

Module 3: Reconnecting to Authentic Self

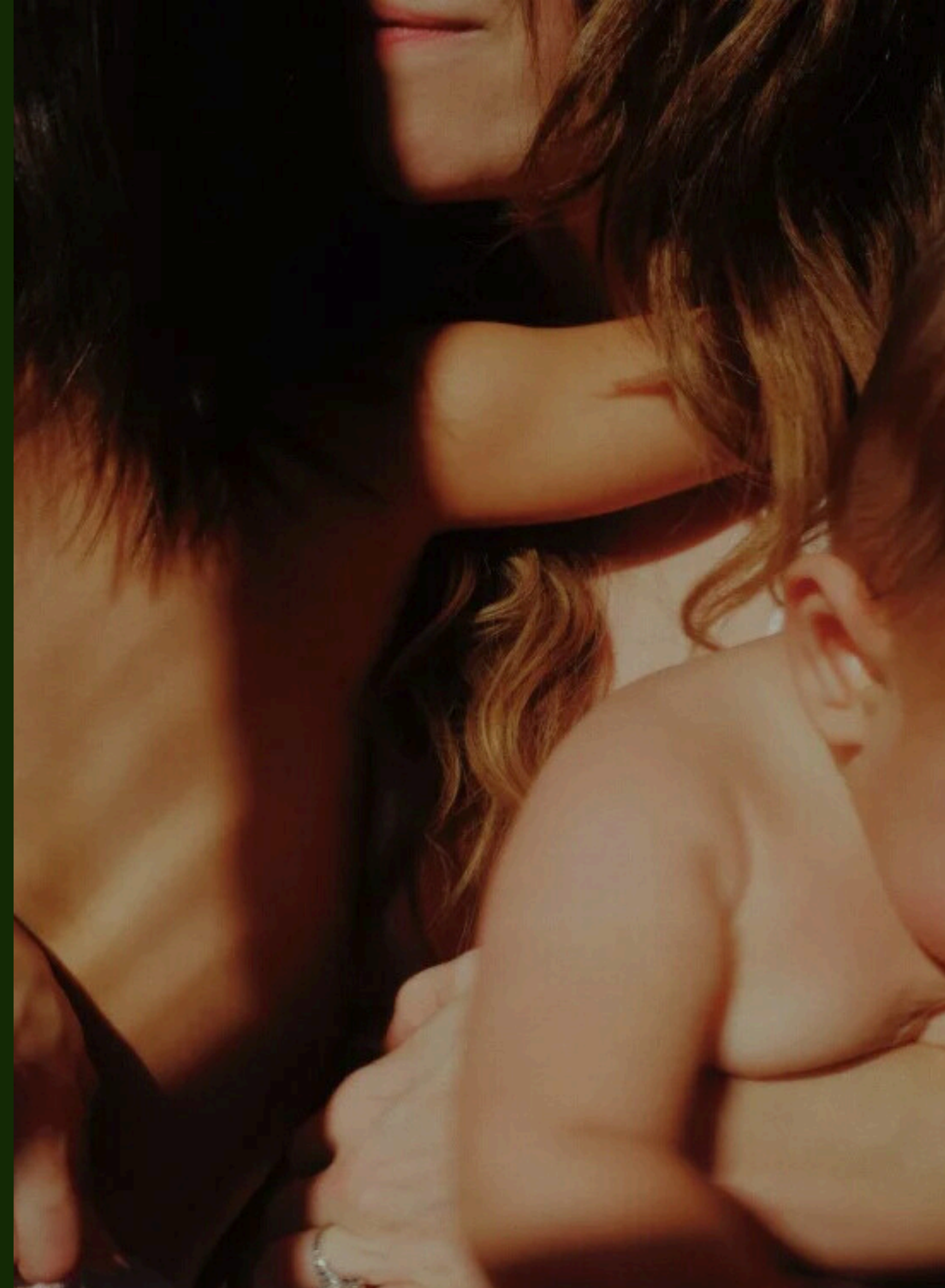
Module 4: Cultivating Self-love

Module 5: Building Resilient Relationships

Module 6: Balancing Mind-Body Wellness

Module 7: Nurturing Emotional Well-being

Module 8: Thriving in Motherhood



PRICING | BREAKDOWN

Please get in touch to find out more about pricing for each programme and module(s)

The Discovery Call
A 20-minute Discovery Call

Complimentary

Starting with Prevention
Preventing Postnatal Depression

2 Week Programme
Embracing the Transition & Unmasking PPD
2 Modules

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8 Week Programme
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Individual Module(s)
Your Choice of Module(s)



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Learn more or get in touch:

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