

# Modern Motherhood

## *A Learning Offering and Support Group for Mothers of Children 0-5*

### **Description:**

For both working and stay at home mothers, Modern Motherhood will create a safe space to learn and dialogue on relevant topics, such as pursuing dreams, being a good mother, managing energy and time, and the importance of relationships and support. Using coaching and professional development tools, as well as a combination of large group discussion, exercises in pairs and individual work, participants will have the opportunity to reflect on challenges and opportunities, set goals, and experiment with new practices, all with the support, wisdom and accountability of other mothers in the group.

### **Logistics:**

The group will meet at Brotherhood on Thursdays from 5:30-6:30 pm for six sessions.

Dates: Thursday, February 2<sup>nd</sup> through Thursday, March 15<sup>th</sup> with a break during the week of Presidents Day.

Cost: \$180

Due to the format of the offering, the group will be limited in size.

Sign up early to reserve a spot! Email Roberta ([rkahn@brotherhoodsynagogue.org](mailto:rkahn@brotherhoodsynagogue.org)) to register.

### **Facilitation:**

Brotherhood member, Jennifer Bezoza has volunteered to lead this offering. An executive coach and organizational development consultant Jennifer has worked across a variety organizations, including General Electric, Towers Perrin, Visiting Nurse Service of New York and the Broad Foundation, in designing and facilitating leadership development programs and coaching leaders in leveraging their strengths, and being more personally effective, productive and fulfilled. She holds an MA in Social-Organizational Psychology from Columbia University, a BA from Stanford University and has completed coaching coursework at New York University.



קהילה קדושה בית אחים

## The Brotherhood Synagogue ב"ה

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