



The Conscious Pregnancy System

Creating an Extraordinary
Pregnancy and Birth



Women have birthed children since the beginning of time and therefore, one might expect birth would fairly straightforward, uncomplicated even, but it seems that this isn't always the case?

Since I trained as a midwife nearly 35 years ago there has been a big shift in how women give birth. Most pregnant women now give birth in hospitals which is so far removed from the traditional practices of having a midwife-led birth at home and with plenty of family support nearby.

What is true is that hospital births have led to overall reductions in maternal and infant mortality *BUT* it has come at cost. It seems that with birth becoming highly medicalised and with fewer midwives so many women are increasingly being denied the kind of birth that they want.

So could having a Conscious Pregnancy be the Way Forward and for these women. I'd like to think so and here is Why?



LIFESTYLES ARE MUCH MORE COMPLEX NOWADAYS

The lives of most pregnant women tend to be much more complicated; the pace of living is often fast and with many women having moved away from their family support networks they must now negotiate many moving parts. Many women also carry an implicit belief that as mothers they must be on duty 24/7 and in their effort to meet this unrealistic need, stress and tension often builds up. Stress is the leading cause of many pregnancy, birth and postnatal complications.



In addition, most women work now in the cities where the kind of work they do tends to rely heavily on a high mental functioning. Working this way often take us outside our body and If not handled correctly can mean they lose connection to their embodied knowledge. Pregnancy is a fully embodied process which demands that one goes internal to one self because this is the only way, we can properly listen and respond to what our body signals are saying. If we can't interpret our body signals when things start going wrong we can't help ourselves to feel safe and so instead of listening closer to what the body is saying we try to resolve the problem from our head. This is the biggest mistake that we can make.

Most importantly, neuroscience is showing us that the baby's womb experience has a direct impact on the baby's neurological development and well-being which is also coincides with the time when the baby is highly sensitive to experiences that the mother has. Thus, any prolonged unresolved periods of distress will most likely result in potentially lifelong detrimental effects.



But it is not all Doom and Gloom There is Something You Can Do!

**You can directly target yours and your baby's brain plasticity,
for good as well as bad programming.**

The Conscious Pregnancy System is designed to help you override any potential detrimental effects through proven practices to help you rapidly down-regulate your autonomic system and create instant harmony in your body.

In doing this you automatically rebuild all those neurological structures that support resilience and antifragility into the brain's neural network for both you and your baby.

Here are some kind words from a family I helped

Thank you for all your help birthing Finn. Your presence was what I was looking for. A woman wise to the nuts and bolts of birthing and who could hold me emotionally through the journey with encouragement and humour.

That combination was priceless!

With much love and gratitude - Caroline, Pete, Finn & Annabel





We Cannot Become Ourselves By Ourselves

This unique coaching and mentoring program is for pregnant women that want to create the structural conditions that will support them to have an extraordinary pregnancy and birth experience.

This program is for you if:

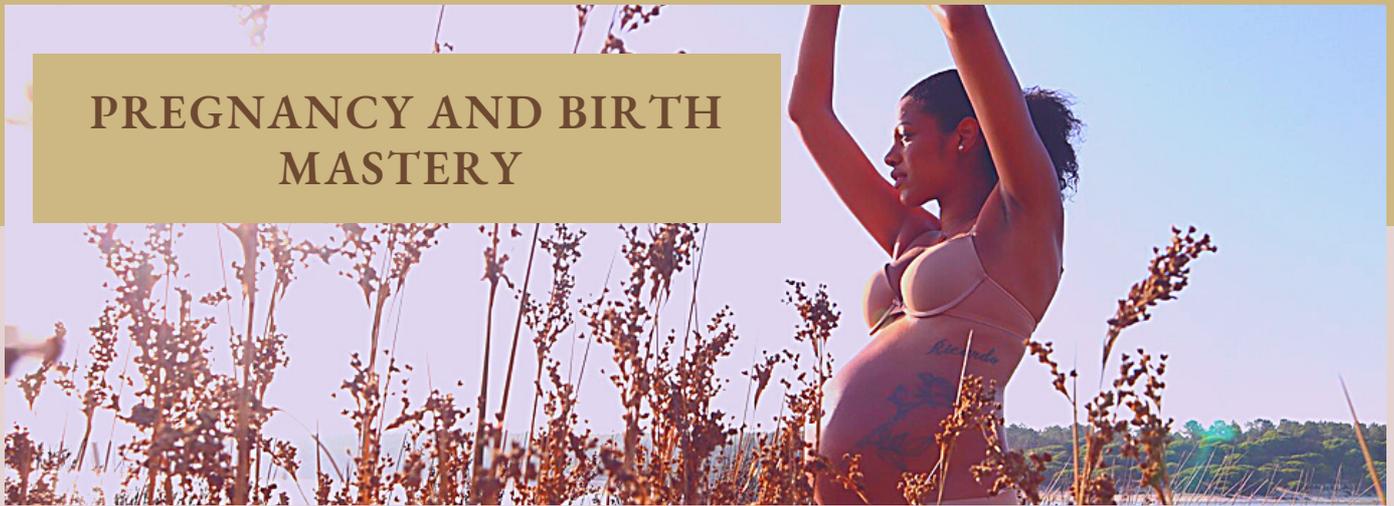
- You have had a traumatic first birth and you want an extraordinary birth the second time around.
- You struggled to get pregnant and you are anxious that things might go wrong.
- You already are a long way on the path of self development and you want to make ensure the best opportunity to help your child have release any inter-generational trauma from their energetic field so they have a clean slate with which to start with - uncontaminated by past traumas

This is a dual track program where you will be coached by Sherine with the additional support for building your "Mental Fitness Muscles" through the Positive Intelligence App Program.

The program can be taken on a 1:1 individual basis or as part of an intimate coaching and mentoring group although the latter has been shown to yield the best results.

Your on-line group meetings will be led weekly with Sherine. To keep the group an intimate number it is locked at 8 members. Sessions are an opportunity for you to safely share your experiences with others who are struggling like you so that you can be not only heard, seen and validated but also championed, amplified and your greatness recognised. Should you not be able to attend, all meetings are recorded for you to catch up later.

PREGNANCY AND BIRTH MASTERY



The program is a primarily a 12 week program and depending on which trimester you start we will focus on specific aspects that occur during that pregnancy stage. However, I do appreciate that we may need to be flexible and work around situations.

1. Initial session is a 90 min Intensive Deep Dive Session where we will explore where to focus your attention for the best results going forward. We will start looking to uncover the limiting beliefs that are holding your back and set an action plan for the way ahead. This is not a firm outcome rather an evolving unfolding as like when you restructure an old house you often find some hiccoughs you have to deal with first.

You will be asked to fill out an extensive Self-assessment questionnaire. This is based on the 8 Key Aspects of Sovereign Activations which will need to be filled out 48 hours before your first appointment in addition to signing a coaching agreement.

- 5 x 1:1 Integrated Online Coaching where we will be constantly self-correcting and fine tuning the plan, shifting your "Horizon Line" to match your goal. Because you are in the controlling seat you get to choose the flexibility of when you want to take these sessions over your 6 month period of coaching
- Included in all your 1:1 individual sessions using the Transformational ICAN® Process, a program Sherine developed whilst completing her masters in cognitive neuroscience and which, she has adapted to specifically help pregnant women to develop practices to shift those most difficult behaviours because during pregnancy you are already restructuring the way you think, feel and act to be a mother and so, it is important to make sure keep those foundational restructuring hardwired



2. 6 Weeks x Online Group Coaching where we will follow the Positive Intelligence App Led Weekly "Mental Fitness" program plus and additional 2 Weeks their GROW program. Together we will set up weekly strategies on how you plan to embody the practices. We will also look at the challenge you are facing and how you might go about resolving them.

- To keep the group an intimate number it is locked at 8 members. Sessions are an opportunity for you to safely share your experiences with others who are struggling like you so that you can be not only heard, seen and validated but also championed, amplified and your greatness recognised.
- Should you not be able to attend all meetings are recorded for you to catch up later. These will be recorded and made available to you for replay within 24 hours after the session.

- **In these training videos you will discover:**

- How to use brain based techniques to magnify your progress that is relatively easy and effortless
- How your body and brain are affected by childhood trauma and how you made adaptations as a way to survive - this gives you deeper wisdom as you transform pain into understanding.
- How to develop a Growth Mindset that supports resilience and antifragility by learning how to successfully down-regulate your nervous system and manage difficult emotions, feelings and thoughts when they arise.
- Develop a greater level of self-awareness and self-love so that, you can form better relationship attachments that enable you to feel confident, safe and secure
- Let go of Blame, Shame, Self-Loathing as you learn to develop greater levels of self-compassion, radical empathy, forgiveness and self-acceptance.
- Deeply connect to your Source Power and use it to catalyse your whole body to shift into a different paradigm



ROADMAP TO PREGNANCY AND BIRTH Mastery

This program focuses on The Three Core Mechanisms that Support for Sustained Transformative Change

BUILDING YOUR SELF-COMMAND MUSCLES

You will learn how to build your Mental muscle and actively change your brain using specific target micro tasks to build sufficient amounts of neural energy to shift you away from an old per-existing pattern towards new ones you wish to acquire and to maintain them. So think of these power practices like you are building a house. First we build the foundations, then the walls and roof and finally once everything is complete you do the soft furnishing. So, first we will be building up your mental muscles to lay the foundations then when you have sufficient neural energy we will be exploring your programming.

IDENTIFYING YOUR SABOTEURS AND THE GANG

Your limiting patterns, stories and behaviours are what has stopped you in the past but you can't create new stories until you have dug up the cause and dealt with it. The cause of your problem are your Saboteurs, your Inner Judge or Critic and its accomplices. Learning to recognise and stop the automatic behaviours your sabotaging behaviours running put you in a powerful position to be successful. These Saboteurs live in the fear part of your brain and are activated the moment you feel out of control. You created them, as a form of self-protection to help you cope at a stage in your life when you felt dis-empowered and so, they are not bad (although they feel bad) just misguided and need to be reminded that you are now in charge.

ACTIVATING YOUR WISE SAGE, JEDI OR SOVEREIGN

You will learn how to call in and listen to your Wise Sage, Jedi or Sovereign who is always present when you are being your best self. So when you are kind, excited, focused, loving, empathic, courageous, curious, etc. This part of you feels infinite, expanded and confident and is willing to take risks, stretch themselves because they know deep down that you are worthy and good enough. Activating your Wise Sage, Jedi or Sovereign helps you to self-regulate you so that you can see the wood from the trees and move forward exponentially towards your goals and dreams



YOUR PATHWAY TO

PREGNANCY AND BIRTH MASTERY

SESSION 1 – STRENGTHENING YOUR SELF-COMMAND MUSCLE

- Building the self-command muscle is a prerequisite for your success. **I still do this every day of my life.**
- You can't defeat a gang of 10 bandits by sending one new fighter per day for 100 days, you have to send in an army. Thus, the more you practice the more mental muscle you build to counteract the Judge Saboteurs
- 15 minutes/day for 6-8 weeks will be sufficient muscle building to create enough of a change for you to see the beginnings of your transformation

SESSION 2 – IDENTIFYING AND WEAKENING YOUR INNER JUDGE

- Learning how your Judge was formed, feel where it lives in your mental or physical space and the way it shows up for you energetically.
- Everyone has an Inner Judge which often causes problems and unfortunately, we don't often know yet how to deal with it.
- The Judge can be very cruel, horrible even and you might have been avoiding dealing with it. This is very normal
- By quickly identifying the Judge Saboteur energy you'll be able to catch it quicker and stop it before it seals your fate.

SESSION 3 – IDENTIFYING THE GANG OF ACCOMPLICE SABOTEURS

- The Judge is your main saboter but it also has the help of Nine Accomplice Saboteurs which assist it. This can make it very challenging when you want to change a behaviour because when they are in full force, it can feel like there is a whole army against you.
- By learning to quickly identifying your Accomplice Saboteurs energies means that you can catch them before they can do any further damage.



YOUR PATHWAY TO

PREGNANCY AND BIRTH MASTERY

SESSION 4 – ACTIVATE THE WISE SAGE OR JEDI

- You will learn how to Identify where your Wise Sage or Jedi lives in your mental or physical space and how it shows up for you energetically.
- You will learn how the Wise Sage or Jedi motivates through positive energy such as Empathy, Creativity, Curiosity, Passion, Love all of which is your evidence of having a Growth Mindset.
- Activating our Wise Sage or Jedi helps you to increase your Mental Power so you are able to stop your Saboteurs and keep them under wraps

SESSION 5 – ACTIVATING SUPER POWER OF RADICAL EMPATHY

- Radical Empathy is the most powerful of all the Wise Sage or Jedi Powers since it gives you the ability to connect deeply to yourself and develop loving self-acceptance.
- Empathy elegantly shifts the balance from fear into safety
- Transformation or permanent change cannot happen without the Empathy Power being fully developed because the Judge lives and thrives when you blame, shame and criticise yourself and so, you spend a whole week on getting this right.
- Developing empathy for yourself makes it easier to trust yourself to take risks

SESSION 6 –ACTIVATE YOUR NAVIGATE AND ACTIVATE POWERS

- Here you will learn the skills and strategies of the Navigate and Activate Powers to help you create a pathway towards your outcome.
- You will look at where set-back might kick in and how to overcome them.
- Prepare for the 2 Weeks of Grow Program which is to iron out pitfalls and take steps to manage your mindset.



YOUR PATHWAY TO

PREGNANCY AND BIRTH MASTERY

SESSION 7-11 – SETTING UP A DESTINY PATHWAY FOR DEVELOPING SELF-MASTERY

- Expanding your skill sand capacities that continue to build new neural connections which supports your new automatic narrative that underpins all mental processing
- Integrating and installing recognisable somatic markers to use as powerful decision-making tools
- Creating power partnerships through the development of a dynamic growth mindset and begin actively harnessing those superpowers that shift you from ordinary states of awareness extraordinary states and take real mastery of your life

SESSION 12 – RECAP | CELEBRATIONS AND WAY FORWARD

- Reflection and celebration on what you have achieved during your sessions
- Here is an opportunity for amplification of your successes and a realignment with you purpose as a mum, the women you are becoming and how that materializes out for yourself, your baby and your family
- Considerations for deeper embodiment of Life Mastery Practices i.e. What sort of support you might need for continuous forward movement to create and fulfill all your life aspirational dreams and goals



THIS PROGRAM FOR YOU IF.....

You are a smart, capable, highly successful and motivated professional woman that is pregnant and you are finding your situation and home and at work challenging because you feel divided with competing needs, this this conscious pregnancy program is for you.

Some of the things you might be worrying about are:

- You know that you must take it easy but you worry that people will think less of you
- You find it difficult to ask for time off to attend your classes or appointments
- You don't talk much about our pregnancy because you don't want to bring any negative attention to you
- Feel you must work harder so that everything is done before you go on pregnancy leave
- Worry what will happen when you leave and want to come back
- Want to work till the very deadline of maternity leave not taking time out to relax
- Delay getting the baby's room and stuff throughout the pregnancy and leave till the very last moment
- Are caught between your cultural norms where everyone is telling you what is the correct way and being a modern woman with her own mind
- Haven't set up systems of support for yourself so that you can be held
- Tend to do things alone
- Grew up with domineering parents or struggle with partners family issues
- Find it difficult to say no and feel easily overwhelmed
- Have swollen hands and feet or feel uncomfortable physically
- Are constantly tired and exhausted
- May have bloating, swelling, constipation, backache, low platelet count, etc.

TESTIMONIALS



RACHEL AND ALEX

I want to thank you for guiding me through one of the toughest situations of my life. I honestly don't know how I would have done it without you, also a huge bonus to have it turned into such a positive experience that I don't think will leave a lasting feeling of stress in spite of the twists and turns. I feel very blessed to have met you. **Thanks again – with love, Rachel**

Mother and the new prawn are doing very well, and his sister has taken to him immediately. Usual tiredness etc, but he is very calm after his birth, serene even. **We can't thank you enough for the support you have given us – Alex and Rachel**



TESTIMONIALS



HARRIET FAILLA

I started seeing Sherine to help me with my anxiety. I was 34 weeks pregnant with my second child and was worried that my anxiety would lead to a premature labour.

During our first session, Sherine asked about the reason for me having a caesarean with my first child and made the suggestion it may be possible to still have a natural birth.

This wasn't high on my priority list but 2 weeks after I started the mental fitness course I went into premature labour but thankfully, I was able to stop the contractions naturally using some of the mental fitness and hypnosis practices I had been taught. This gave the confidence to try for a natural birth.

I am glad that I did, because I delivered my beautiful daughter much quicker than expected. When I arrived at the hospital almost I was almost ready to give birth and so, I didn't have any pain medication and delivered fully intact – only two skin stitches and so, I was able to go home the next day.

I highly recommend Sherine's service for any pregnant mum, especially mum's that are anxious about their birth because they have either had a previous caesarean, are anxious or have had traumatic birth. I felt that I had an empowered birth experience.

NEXT STEPS

MENTAL FITNESS MASTERY

1. Book in for a Free 20 minute No Commitment conversation with me where we will explore what is troubling you and seek to gain clarity on how you might go about solving it.
2. Complete the Saboteur Assessment on the link given below. Ask P.I. to email a copy to me once you have completed it. We will go through this either at you initial chat with me or in our first session.
3. <https://assessment.positiveintelligence.com/saboteur/overview>



My Commitment:

Is to help you move forward in the best way possible and if I feel that we are not a good fit, absolutely no problems. I will help you to find someone that will be a good fit for you

If you are truly ready to take the next step I want to help
Book yourself in for a conversation with me using this link

<https://SherineLovegrove.as.me/MeetSherine>



Want to know more here is my website

<https://sherinelovegrove.com/>