

PROFILE



WONDER  **MUM**
P A R E N T I N G C O A C H

A photograph of a person's hand holding a child's hand. The person is wearing a light blue sweater, and the child is wearing a blue patterned shirt and blue sneakers. The background is a blurred grey floor.

PROFILE

MESSAGE

ABOUT

MISSION

**WHY
COACHING?**

TREATMENT AREAS

DEAR MOMS AND SINGLE PARENTS



I am Marwa Ghazzawi, the founder of Wonder Mum, a center that specializes in helping moms and single parents find their strength and overcome loneliness through the ups and downs of parenthood. As a mom myself, I know how challenging it can be to navigate the demands of parenting and maintain a strong sense of self. That's why I created Wonder Mum - to provide a safe and supportive space where moms can come together to find their power, overcome loneliness, and thrive as parents and individuals.

At Wonder Mum, we offer a range of services and resources to help moms face the challenges of parenting. Our experience in therapy and counseling provides the right support that is tailored to the unique needs of each mom. We work with our clients to help them build resilience, cultivate self-care practices, and develop strategies for managing stress and anxiety.

Our approach to working with moms is warm, welcoming, and inclusive. We believe that every mom deserves to have access to high-quality mental health care and support, regardless of their background or circumstances. That's why we offer flexible payment options and strive to make our services as affordable and accessible as possible.

At Wonder Mum, we know that being a mom is one of the most rewarding experiences in life. It's also one of the most challenging. That's why we're here to support you every step of the way. Whether you're a new mom, a single parent, or just looking for a community of like-minded moms, we invite you to join us at Wonder Mum and discover your power.

Marwa Ghazzawi

FOUNDER, WONDER MUM



**I AM HERE TO
HELP YOU**

About

Wonder Mum is a center specializing in helping moms and single parents find their strength and overcome loneliness through the ups and downs of parenthood.

we are committed to supporting new moms and single parents who are struggling with loneliness and isolation. We understand that the early years of motherhood can be challenging, and many moms find themselves feeling overwhelmed, disconnected, and alone.



**"TRANSFORMING
PARENTING
CHALLENGES INTO
OPPORTUNITIES."**



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P A R E N T I N G C O A C H



MISSION

Our mission is to provide a safe and supportive space for moms to explore their feelings and develop the skills they need to build meaningful connections with others and create a fulfilling life for themselves and their children.

VISION

To create a world where every mom and single parent feels empowered, connected, and supported. We envision a future where moms have access to high-quality mental health care and resources that are tailored to their unique needs and circumstances. We believe that by empowering moms to take charge of their mental health and well-being, we can help them create a life that is full of meaning, purpose, and joy.



OUR GOAL

Our goal is to empower moms to take charge of their mental health and well-being, and to provide them with the tools and resources they need to create a life that is full of meaning, purpose, and joy.

We are committed to helping moms build strong, supportive relationships with others, find their voice, and create a life that is in alignment with their values and goals.

We believe that every mom has the potential to thrive, and we are here to support them every step of the way.

WE WILL HELP YOU DISCOVER YOUR
PARENT LEADERSHIP STYLE



LET WONDER MOM GUIDE YOU THROUGH THE UPS AND DOWNS OF PARENTHOOD!

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- ✓ Master your emotions, diffuse clashes and dissolve tension fast.
- ✓ Focus your energy on playing to your and your child's strengths
- ✓ Enjoy more quality time and bring out your fun side more!

***YOU PROBABLY HAVE
SOME QUESTIONS...***



I am there just for you, to hold your agenda sacred, to listen for what is underneath your stories, to keep the big picture in mind, and to connect you over and over again to your true values.

WHY COACHING?

As a coach, my job is to pull out what is in you, so you can be your very best person and your very best parent. I listen for what is the core issue that is really giving you a hard time. Whether that is at home or out in the world, and help bring it into clear focus.

When we are in conflict with our kids, it is almost never just about the mess, the back talk, or the homework not being done.

Together we will find the common thread and address the meta issue to help you and your beautiful family.

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P A R E N T I N G C O A C H

WHY DO PARENTS NEED PARENT COACHING?

- **TO LEARN PRACTICAL SKILLS**
- **TO TAKE THE TIME TO REFLECT AND EVALUATE THEIR OWN PARENTING**
- **TO KNOW HOW TO TALK TO YOUR KIDS SO THAT THEY LISTEN AND FOLLOW DIRECTIONS**
- **TO PRACTICE EXACTLY WHAT ONE WANTS TO SAY TO A CHILD ABOUT A DIFFICULT ISSUE AHEAD OF TIME**
- **TO GET GUIDANCE ON CHILDREN THROUGH DIFFICULT TIMES LIKE DIVORCE, DEATH, OR MOVING**
- **TO FEEL REASSURED THAT AS THE PARENTS THEY ARE THE ONES WHO CAN DECIDE WHAT PARENTING APPROACH IS MOST APPROPRIATE FOR THEIR FAMILY**
- **TO DEVELOP TECHNIQUES FOR MANAGING THEIR OWN FEELINGS**
- **TO PRIORITIZE VALUES SO PARENTS KNOW WHAT BATTLES TO FIGHT**
- **TO PROVIDE ACCOUNTABILITY SO THAT PARENTS ACTUALLY DO WHAT THEY HAVE DECIDED THEY THINK IS BEST FOR THEIR KIDS**

YOU PROBABLY HAVE SOME QUESTIONS...

WHY ONGOING COACHING?



As a coach, from session to session, you bring whatever topic you want to the table. But knowing you ever deeper as I do, I am always keeping the long view in mind.

How does today's topic relate to your essential self? What is the big change or growth you would like to see a year from now?

As a coach, I help you address and clear today's issue in the context of that long-term goal.

You'll get a game plan for the challenge at hand, leading to less stress and fewer headaches, and you'll also build strength for the long haul.



**“THERE IS NO SUCH THING AS A
PERFECT PARENT. LET US HELP YOU
BECOME A REALISTIC ONE.”**

BOOK YOUR ONLINE SESSION

our vision is to help moms and single parents find their strength and overcome loneliness, so they can live a life that is full of joy, meaning, and purpose.

We believe that every mom deserves to feel empowered and supported, and we're committed to making that vision a reality, one mom at a time.

Call or message us for an appointment



+971 56 460 0095



www.marwaghazzawi.com





WONDER MUM
PARENTING COACH

EMPOWERING
MOMS AND
SINGLE
PARENTS!

FOR MORE INFORMATION
CONTACT US AT +971 56 460 0095