

Workshops help mums with stress

By SARAH CODDINGTON

When Gabriele Wehler was a child her parents worked seven days a week in a restaurant.

Later when the Torbay resident had a son of her own she was busy with a university course and then a full-time job.

Now the certified life coach wants to help working mums balance their work and home life.

"I want working mothers not to have that feeling 'I was a bad mum'.

"I want children to feel like their mothers have achieved something," says Ms Wehler.

She has researched working mothers and how stress and guilt affects them.

She surveyed about 100 mothers asking them a variety of questions about how stress impacts on their children and relationship.

Ms Wehler says a lot of mums noted there were behavioural problems with their children as a result of stress.

"Modern mums are working full-time and fulfilling the more traditional role of looking after the children and it is stressful," she says.

Ms Wehler is also offering two free Switch Workshops that are part of a series of paid-for workshops to help mothers find ways to reduce stress levels.

Most women who participated in the sur-



Working mum: Life coach Gabriele Wehler wants to help fellow working mums find a balance in their work and personal lives.

Photo: BEN WATSON

vey said they had relationship problems with people in the workforce as a result of stress and some had personal relationship issues says Ms Wehler.

She hopes to promote the workshop series to employers to help create better relationships for mothers in the working force.

Although women felt guilty or resented working they said in the survey they would still choose to work if they had a choice.

If you would like to do the anonymous online survey to assist Ms Wehler in her research go to www.claritycoaching.co.nz/survey.

A Switch Workshop is starting on Monday, May 24, at the Glenfield Community Centre and at Browns Bay Community Centre on Tuesday, May 25, from 7pm to 8.30pm.

■ To attend a Switch Workshop email Ms Wehler at info@claritycoaching.co.nz or call 478-2059.