

What Kind of Influential Mother Are You?



Let's have some fun..

Take the quiz to find out
your Influential
Mothering Style! x



As mothers we create
the future of our
world!

1. When it comes to schooling, I want the
best education for my child..

- a. Private school is definitely the go!
- b. The traditional school system isn't working for me.
- c. I'll relocate to get into the right school catchment.
- d. We make do with what's available.

2. My house rules..

- a. I have child-proofed my house and nothing is out of bounds because I know I keep a safe environment for them.
- b. Our home is a shared space and I allow them to play freely wherever they are.
- c. I've made it easy for them to know where their belongings and toys are stored so we can tidy up easy.
- d. Ouch! That leftover lego under my foot last night.. I'll do a better sweep after our cleanup games next time..

*"Together, as mothers, we create the future of
our world."*

NATHALIE BELLE-LARANT

3. Table manners..

- a. I take their own cutlery set on outings and order from the kids menu. No fuss that way.
- b. Food tastes better when we eat with our fingers!
- c. I have cute kids dinner sets and draw funny faces with food on their plates.
- d. Everyone eats the same at our house, I'm not cooking multiple services!

4. These darn electronics..

- a. Parental control is always on so I'm comfortable with them using tablets.
- b. Peer pressure is hard but I'm holding a strong ground for electronics-free living!
- c. Electronics and screen time are time-limited to keep the balance every day.
- d. OK, I use electronics as a baby-sitter sometimes but the kids totally know how they feel after an 'overdose' on blue lights..

5. What about religion..

- a. Kid's bibles are really amazing.
- b. I prefer to call it "spirituality". Namaste.
- c. Sunday school has it sorted.
- d. Belief is a personal choice.

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6. TV time..

- a. Kids channels are god-sent.
- b. My kids don't watch TV.
- c. Our DVD collection is uploaded on their devices.
- d. We filter by audience ratings.

7. The greatest tales..

- a. I have purchased the complete series of the latest best-sellers reviewed in my mothers' group.
- b. The kids have a library card and we muse wordly treasures every week.
- c. I have asked the teacher for the recommended books list in their age-group.
- d. I make sure they read 'the classics' foundational books amongst other things.

8. Health matters..

- a. I have the specialist on speed-dial.
- b. When it comes to health, nature knows best.
- c. The family's health records are all up-to-date, including the cat's.
- d. Health is a daily choice.

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9. Foodie or not foodie..

- a. I follow lunch-box etiquette.
- b. We are plant-based eaters.
- c. I cheat and sneak veggies in their brownies.
- d. We eat right for our type.

10. Homework..

- a. I usually dig the resources they need to use and check that their assignment is written the way it should.
- b. Don't get me started on homework! The kids will benefit more from letting some steam off outside!
- c. I make homework time an opportunity for learning integration, and we stick to the study routine even if they don't have much.
- d. I sign off on the homework sheet after they tell me what they had to complete and have explained how they got it done.

11. I wanna be an astronaut..

- a. My partner and I have shortlisted ideal career prospects for our kids.
- b. I want my kids to do what they love.
- c. I've researched career orientation schedules from all major universities.
- d. As long as they are happy and can pay for my five star nursing home..

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12. The noble arts..

- a. I insta-brag all my kids' performances and sell tickets to their exhibitions to my entire social network.
- b. Creativity is next to godliness, my kids bedroom walls and my fridge are gorgeous living tapestries filled with their creations!
- c. I encourage creativity and have weaved various art forms into my kids daily activities.
- d. Kids can't be good at everything, so I get them to try different things and see what sticks.

13. Crossing the finish line..

- a. I've figured out what sports academy they need to be in in order to make the A-team!
- b. The kids have the best fun when they are spontaneous-kicking the ball or paddle-boarding on the nearby dam.
- c. I love scheduling fun family sports day in the great outdoors so we can all participate!
- d. Sport isn't my thing but I'm happy for them to try a few and find one they love.

14. Pet talk..

- a. Sorry I'm allergic, we can't have one!
- b. Nothing like a puppy's love to rock baby to sleep or clean the floor around the high chair!
- c. I won't have a pet until my child is old enough to be responsible with it.
- d. I've been researching the ideal low maintenance pet forever.. Are these Tamagoshi still available?

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15. Travel to paradise..

- a. I always tick the box: "Kids friendly" when I browse for travel destinations.
- b. My vision board has a 12-months vacay roundtripping together and I can't wait to home school the kids!
- c. I have perfected the kids' ideal travel entertainment pack, I'm ready for anything! Gee, is that a winning biz idea there?!
- d. "He who never leaves his country is full of prejudices." I wouldn't hesitate to take the kids off school to travel with them.

16. Pocket money..

- a. My kids are too young to understand the value of money.
- b. I don't think money is necessary, I'd rather teach them to look for other forms of 'value'.
- c. I've got a price tag on the chores they are capable of doing in exchange for their pocket money.
- d. I encourage entrepreneurship early so they can jolly buy their first car themselves!

17. Sibblings..

- a. If I'm not there to be the referee, it's mayhem!
- b. I love watching them play together even when it turns into cats & mouse fights.
- c. I've set clear boundaries that they respect (most of the time).
- d. I can't wait for the older one to babysit - for free, yesss - so I can go out for brunch on Saturdays!

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Congratulations! How did you go?

Count how many answers you have in
each category (a, b, c or d).



Now go check your
Influential Mother's
profile type
on the next pages x



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The Helicopter Head



mostly a.

Fights Others' Battles

Like a fierce mamma bear, the Heli-Head mother would do anything to keep her babies safe. She finds herself wishing: *"If only I could keep them wrapped in cotton balls until they are 18.."* Her kids are her number one priority and she will let nothing stand in the way of their accomplishments.

For a child, that mum makes you feel like a million bucks, however she often fights your battles for you, leaving you vulnerable when you needed it most. As a woman, her mission is her children, so she typically sacrifices too many of her own needs in favour of others'.

Your growth edge:

The Heli-Head mother should aim to model nurturing her own needs and building trust in the capacity of others to get the job done.

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The Free-Range Chick



mostly b.

Lets It All Loose

Like a divine goddess born to harvest an abundant universe, the Free-Range Chick mother blesses her earthlings with magical creativity and wonders. She certainly sees that her marvels are provided with the freedom and natural resources to flourish and fly high with the world at their feet.

For a child, that mum is a powerful anchor to the complexity of your inner world, leaning without fears towards your wildest dreams. However too much freedom is not a good thing, it can lead to difficulties facing structured environments and relationships.

As a woman, she often experiences guilt and feels pulled between her creative urges and the burden of her responsibilities.

Your growth edge:

The Free-Range Chick mother should explore holding up boundaries and setting up small goals that can be accomplished with the support of mentors.

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The Grand Maestro



mostly c.

Scheduled To a T.

Like a masterful conductor, the Grand Maestro mother has the symphony of her busy life synchronised to a 'T'. Her magical organisational skills keep the steam rolling for everything and everyone around her. Her priority is to fit it all in!

For a child, that mum is a formidable provider of comfort and opportunities, however she does not leave much room for your spontaneity, which can lead to a lack of purpose and direction later in life.

As a woman, she has a hard time saying no and usually takes on more than she can chew, leaving her tense and depleted.

Your growth edge:

The Grand Maestro mother should embrace slowing down and giving space to the richness of her inner world, trusting that the universe is perfect just the way it is.

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Independence Day Warrior



Mostly d.

Preps Them For Battle

Like a resistance fighter prepping her troops for battle, the Independence Day Warrior mother aims to build strength and self-reliance in her kids from day-dot. She fires her "tough-love" to forge the innate capacities of her kids into assets for themselves into the future and to preserve her own sanity in the present.

For a child, that mum is a great ally and think-tank to help you figure out life and how to deal with 'shit', however you may feel under-appreciated or unable to relax, forever wondering what there is to learn in any given situation.

As a woman, she often feels misunderstood or very isolated, her drive and overpowering sense of duty 'scaring' people away.

Your growth edge:

The Independence Day mother warrior should aim to loosen her grip on life and begin to invite creativity, joy and pure playfulness, trusting that time-out in spontaneity will open up new doors of possibilities.

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Interesting, hey?



*Hope you enjoyed that
little piece of insight into
our psyche!*

More on the Academy...





Influential Motherhood Academy

VISIONARY MOTHERS RAISING LEADERS

Visionary Mothers Raising Leaders

By Raising The Leader In Themselves

Too often do we see pregnancies get in the way of significant career or life accomplishments.

The struggles of women are real.

If societal dynamics and long-standing cultural beliefs have placed us, career women, in a never-ending bind of lose-lose situations, which is leaving us feeling powerlessly conflicted and soullessly depleted, how can we let go of the myth that BEING a mother and a leader have to be mutually exclusive?

How do we forge a new platform for our soul to express itself and our vision to unfold in a truly unique and fully embodied way?

How can we, evolutionary women, leaders, artists and visionaries, find pathways to manifest our destiny contribution in spite of motherhood?

As a transformational leadership educator, Nathalie shines new light on the opportunity women of this day and age have been given to ignite a chain reaction that radically transforms the many areas of their lives so they finally match the fullness of their hearts and souls. Her vision is an invitation for mothers to co-create, together, the future of our world.

You can be part of our Influential Motherhood Academy Founding Mastermind group. Only US\$57 monthly subscription.

Apply now or ask me your questions:

<https://bit.ly/2MHOTL2>

Don't do Motherhood alone!

Together, as Mothers, we create the future of our world.

ABOUT NATHALIE



Hey Beautiful, what do I do?

I fertilise the seeds of your greatest potentials and I create a platform for you to take a quantum leap into your unstoppable destiny!

"Our greatest fear is not that we are inadequate. Our greatest fear is that we are powerful beyond measure" - Marianne Williamson, A return to love.

I'm Nathalie, a transformational leadership coach, French author, shamanic earth mother, child whisperer, soul midwife and intuitive healer, and I help beautiful souls just like you **catalyse life's trauma into epic Power, Passion & Purpose.**

I find that people who come to me are beautiful people just like you, ready to heal from the past and grow into unstoppable leaders committed to changing their world.

I am a fertility coach and soul midwife for pioneers, leaders, healers, creators, artists and many kinds of high achieving women on a mission, and I help them birth their own unique extraordinary motherhood project as a catalyst for their true, wholesome and fullest life expression.

As a pioneer myself, some of the countless transformational projects I am so excited to craft and bring to the world include:

- **Fertile Grounds coaching**, where I offer fertility, conception, pregnancy, birth & early parenthood mentorship for evolutionary women, celebrities, leaders and visionaries. Fertile Grounds is a **motherhood by design**, a space, an embrace, a search for meaning, an act of love, a power-partnership with life itself.

As we reveal your unique motherhood identity, our exclusive personalised whole of life transformational process helps us **grow, expand and self-actualise through and within the struggles, uncertainties and emotional roller coasters of being or becoming a mother.**

We find pathways to manifest our destiny contribution, soaring to new and unprecedented levels of fulfilment, not only as a parent, but more critically as a woman, lover, creator, influencer, contributor and leader.

We let go of the myth that BEING a mother and a leader have to be mutually exclusive! We ignite a chain reaction that radically transforms the many areas of our lives so they finally match the fullness of hearts and our souls.

- **The Influential Motherhood Academy™**, an online women's education movement that offers a suite of transformational resources, coaching packages and programs for evolutionary women, celebrities, leaders and visionaries to be equipped to deliver their vision, raise leaders and create the future of our world. It is also a book in the making.

- **The pro-bono MāMMASTE project**, a **#consciousgrief** that helps mamas catalyse the trauma of the loss of their unborn child into opportunity for meaning, learning and growth. The online community is open to all women after miscarriage, abortion, stillbirth or a childless life.

Accreditations

Nathalie is qualified and accredited in the following areas:

- Feminine Power Transformational Coach
- Feminine Power Transformational Facilitator
- Feminine Power Transformational Leader
- Neuro-Linguistic Program (NLP) Master Practitioner
- Ericksonian Hypnosis
- Infant massage and baby yogi massage instructor
- AromaTouch Technique practitioner
- Essential Oil Coach

Nathalie is also a member of the International Institute of Complementary Therapies (IICT), and is aligned with the Australian best practice of the Centre Of Perinatal Excellence (COPE).



ABOUT NATHALIE

Where I Come From

Born in France I excelled at my international career in law and I.T. I graduated summa cum laude with prestigious Law degrees, lived in Paris and London, consulting through Europe, Canada and Mexico.

I eventually took a leap of faith and migrated to Australia in 1999 opening a French restaurant in 2002.

In 2006 I launched a consulting & coaching firm in Melbourne, still in operation today.

With a creative nature, a desire to heal and a love for learning I've qualified:-

- as a master practitioner of NLP and Ericksonian hypnosis in 2005;
- as an infant massage and baby yogi massage instructor in 2006;
- as an AromaTouch Technique practitioner in 2017;
- as an Essential oil coach in 2018;
- as a Feminine Power Transformational coach, facilitator and leader in 2020 (ongoing).

I am a hypno-birthing mother and home birth advocate, a holistic health practitioner, an aromatherapy student and a meditation teacher.

With a deep connection to Earth I nurture daily practice of Yoga, Tai Chi or Qi Gong.

Mother of a beautiful 11 year old little human & two young adult step-children, I live with my loving partner, our Tenterfield terrier and a Bengal mamma on the sunny Gold Coast in the magical continent of Australia!

I dream of one day being able to travel to space to watch the earth from all the way up there and send it my infinite Love.



What I Stand For

- *I believe in being kind, generous, compassionate, and caring.*
- *I believe that our world desperately needs to restore physical health and emotional well-being.*
- *I believe that increasing the number of naturally happy, healthy, emotionally balanced and wealthy individuals will positively impact on the well-being of our families, communities and countries, and in turns contribute to the health and well-being of our planet.*
- *I believe that everything we do today shapes the legacy for our children tomorrow.*

My Goal

My GOAL is to empower 1 million households with at least one tool for self empowerment or healing by 2030.

FREQUENTLY ASKED QUESTIONS

➔ Why do I need a Coach?

From sportsmen to politicians or top performing artists, it is no secret that they hire professional coaches in order to reach the incredible level of success they experience.

Professional coaching is proven to dramatically enhance your results and propel you forward faster and with more certainty than trying to get where you want to go all on your own.

So why not putting all the chances of getting lasting results on your side?

➔ What does a good professional coach offer?

- Opportunity to create accountability to keep you on track and ensure you reach your goals, because let's face it, that is the idea!
- Personalised support that is tailored to you, your circumstances, your timing, your priorities and your learning style, so you don't waste time and efforts where you don't need to be, you can discuss things that matter to you most and you actually enjoy the process because it speaks your lingo and makes sense to YOU.
- Tools and practical steps to build momentum, a roadmap to get results and a context to maintain the outcome you wanted in the long run, because otherwise what's the point if the results don't last, right?!
- A human touch, a person who deeply cares about you, with whom you can open up when things are tough or not going as planned, and with whom you can celebrate your successes, because he or she knows how hard you have worked to get there, and chances are, he or she has also been been in your shoes before so they totally get the picture!

➔ What is transformational coaching?

In traditional coaching, we are focusing primarily on the future. In psychotherapy, we are focused primarily on events of the past.

But transformational coaching, in a context that is about **your self-actualisation**, is interested in recognising old ways of being, so they can be transformed in the present and create a different future for yourself.

➔ What is a Transformational Coach?

- A Feminine Power Transformational Coach is a **qualified professional** with in-depth knowledge and experience of the transformational model, processes and practices that are the foundations of the **Feminine Power track record of success** for over a decade in **supporting hundreds of thousands of evolutionary women, leaders and visionaries** self-actualise into who they deeply sensed they were meant to be.

You see, our yearnings are the seeds of our deepest potentials. Feminine Power principles provide the rich soil in which we can compost and harvest the deepest truth and significance of our lives, create the biggest contributions and manifest the wildest destiny! So we can have it all.

Are you like me, do you want it all?

- Someone who has **cultivated superpowers**, presence and radical empathy that create a deep container for you to **feel truly seen**, heard, held, witnessed and loved in every aspects of who you are, the good, the bad and the ugly, **without fear, judgement or shame**.

Only when we feel truly safe can we fully open and allow the healing and transformation process to take place.

I have studied many coaching disciplines and never have I encountered until Feminine Power such an opportunity to feel equipped to face the horrendous abuse and trauma I experienced as a young child and be able to shift them. Maybe you don't need trauma release specifically, I understand our stories are different, all I am saying is that the **formidable power** is there for you to tap into and **be in charge to write your own future**.

- A practitioner who offers empowering **sponsorship of the greatest vision for yourself and for your life**, as the Feminine Power Transformational coach shines the light on both your brilliance and your untapped potentials, your innermost qualities, gifts and talents we are often unable to see for ourselves.

Like a **kitten** who looks in the mirror and only sees her own reflection, the transformational coach sees the **lioness** in the mirror and helps you see it too.

Now is the time, let's give each other permission to roar!

TESTIMONIALS

Working With Nathalie As Your Professional Feminine Power Transformational Coach, you will be blessed to experience the presence of a power-partner fiercely committed to empowering you, an evolutionary woman, leader and visionary, to create the future of our world.

What other professional coaches are saying

Nathalie has spent countless practicum hours among the cohort of professional Feminine Power Transformational coaches and facilitators in training these past 2 years.

This is how they describe who Nathalie is in the service of you and your transformation.

- "Nathalie's very presence is healing and your transformation begins immediately as you are invited into a sacred, nurturing and supportive environment for you to grow, in which you are being held so gently. Nathalie's essence qualities combine strength with exquisite gentleness."
- "With a deep ability to connect, Nathalie is warm and nurturing, friendly, empathic, self-directed, confident, caring, abundant, self-caring, nourished, and honouring of other people's individual experiences, points of view and understanding."
- "Nathalie's persona radiates deep peacefulness, determination, serenity, grace, playfulness, curiosity, perspective and absolute conviction. She is a natural facilitator of greatness and beauty and genuinely interested in what people are bringing to the world."

What clients are saying

"Nathalie's presence alone is comforting and inspiring. Her deep presence spawns even deeper connection that has a way of transforming everything it touches.

Her kindness and generosity of soul create a comfort and level of deep understanding that generate healing and catalyze life-changing transformational breakthroughs in areas that had previously been blind spots for highly accomplished and self-aware women.. "

- **Business owner, Investor, Gypsy Queen, Sara Tramp**

"My Transformational Coaching with Nathalie over the last 7 weeks has been exactly what I have needed to change some long time stagnant mindsets that weren't getting me anywhere about my self beliefs, allowing to open my mind up in a way I never thought possible.

Nathalie is helping me BELIEVE through her techniques and natural intuition that I CAN be the best version of myself through thinking in a different way to find what's true for me. Thank You Nathalie, I am so grateful you are in my life."

- **Business Owner, Mother of 2, Sarah Thistlethwaite**

"Nathalie is a breath of fresh air and a delight to work with. She is warm and engaging and very nurturing. I always feel deeply held, seen and heard, and very loved up in her presence. She has keen insight into problem areas and a stack of knowledge and wisdom from her own lived experiences to draw upon.

You are in very good hands when you work with Nathalie."

- **Simple Living Now Founding Director, Author, Elisabeth Ellis**

"Nathalie has supported me to uncover stories I had created for myself that have ultimately held me back from living my deepest desires. By breaking free of these old stories I have stepped into a place of confidence in my ability to be a creator of my future relationships.

Nathalie's genuine nature, her joyful and caring presence makes me feel incredibly comfortable to be open and vulnerable, which I believe is key to transforming my life."

- **Birth Partnership Midwife, Shannon Sutherland**