

WELCOME, MAMA!

PROGRAM INTRODUCTION

Hi Mama!



HYPNOTHERAPY FOR
EMPOWERED MOTHERHOOD
M.O. HYPNOSIS

FOCUS: A Prepared Mama

Welcome, What to Expect Each Week, How to Get the Most Out of This Journey

Introduction

Welcome, Mama! I am so honored that you are here.

This program was created to support you through one of the most profound and transformative experiences of your life—motherhood. Over the next eight weeks, you will be guided towards reconnecting with yourself, regulating your nervous system, releasing old patterns, strengthening your self-worth, and stepping into motherhood with greater calm, confidence, and self-trust.

This journey is about shedding outdated thoughts, limiting beliefs, and unrealistic expectations about who you “should” be as a mother, and as a human being. It is about returning to your truth—your values, your voice, your humanity.

The group dynamic allows for connection, solidarity, shared learning, and the reminder that you are not alone. There is incredible healing in being seen, heard, and understood by other women walking a similar path.

The hypnotherapy sessions are designed to be relaxing, illuminating, and transformative. Through guided subconscious work, we gently create space for new beliefs, deeper compassion, and embodied confidence to take root.

I created this program after reflecting on my own first two years as a new mother. That season stretched me, humbled me, and reshaped me in ways I never expected. It required me to confront old patterns, question inherited beliefs, set boundaries, and redefine what truly matters most to me. It has been — and continues to be — a wild, beautiful, and deeply human journey.

It is my honor to guide you through the core concepts, insights, and self-discovery practices that have supported me as I navigated this transformation. I offer them to you not as a perfect mother, but as a woman walking this path alongside you.

We are strong. We are stronger together. And I am delighted to share this space with you!

Warmly,

Meredith

Meredith Osetek, Certified Clinical Hypnotherapist and Mind-Body Practitioner

Founder M.O. Hypnosis/Owner San Diego Hypnosis Clinic



What to Expect Each Week

Each week, a new module will become available to support your growth and integration.

Every module includes three core components:

1. Weekly Program Materials

This section will help you prepare for the week ahead and integrate what you learn. All materials are designed to reinforce the discovery, shifts, and changes we are creating together.

Under Each Weekly Module in Podia, you will receive:

1. A weekly overview and focus to use as a guide for the week
2. Affirmations to support subconscious alignment (on the weekly overview handouts)
3. Handouts and reflection worksheets
4. Homecare instructions to support integration
5. A practical tool you can use in daily life

2. Recorded Live Session & Hypnotherapy

Each live class will be recorded and uploaded so you can return to it anytime. This allows you to revisit the hypnotherapy sessions, reinforce the work, and stay supported even if you are unable to attend live.

Hypnotherapy works through repetition and reinforcement. Returning to these recordings will help strengthen the changes you are creating.

3. Audio Recording on the Hypnosis Session

Each hypnosis session will be recorded and the audio link will be posted under the corresponding module in Podia. The audio link is through Dropbox, a free application. Once in the audio recording in Dropbox, you may download the audio so it's yours to permanently keep. Remember, the deeper mind,

body, and nervous system learns, changes, and grows through repetition so I encourage you to listen to the audio session daily or nightly in between sessions.

Attending Live Hypnotherapy Sessions on Zoom

To receive the greatest benefit from the live hypnotherapy sessions, please prepare your environment in advance. Each session will start with some learning and when it's time to begin the hypnotherapy, you may move or adjust so that you are comfortable.

Before the Session:

- Choose a quiet, private space where you will not be interrupted
- Sit or lie down in a comfortable position
- Use headphones if possible for deeper immersion
- Turn off notifications and minimize distractions

During the Hypnosis Session:

- Please keep your audio on so you can hear guidance clearly
- If possible, keep your video on so I can ensure you are comfortable and supported
- You do not need to speak or participate verbally during hypnosis
- Simply listen, relax, and allow your nervous system to respond naturally

Your mind and body already know how to enter a relaxed state of trance. I will simply be guiding you into this natural state of heightened awareness and receptivity.

Moving Through the Program

While I encourage you to attend the live sessions, please know you are free to move through the materials at your own pace. Some weeks may feel introspective and emotional, others may feel light and empowering. All experiences are welcome.

Be gentle with yourself.

Small, consistent shifts create lasting change.

A Gentle Reminder

You do not need to be perfect in this program. You do not need to complete everything perfectly. Simply showing up—with openness and compassion—is enough.

Your nervous system learns through safety, repetition, and kindness. This space was created with that understanding, just as it was created for the busy and sometimes overloaded, overstimulated mother in mind.

We are in this together! Come as you are. And be prepared to meet one another with understanding, compassion, encouragement, and zero judgement.

We Begin Together

Take a moment to acknowledge yourself for choosing this journey.

You are about to create powerful growth and change not only for yourself, but for your child/children and your family.

And, you can expect learning, laughter, and fun along the way!

Welcome, Mama!

Hi Mama! Hypnotherapy for Empowered Motherhood/M.O. Hypnosis/Program Introduction/2026

