



The Kids or Childfree
Group Coaching Program
January - April 2025

Investment: \$697 USD or 3 payments x \$233 USD
[USD currency. Pricing is tax-inclusive.]

A 3-month group coaching program for women who are on the fence about kids.

Get clarity on the decision that's right for you.

[CLICK TO JOIN GROUP #1](#)

(Tuesdays from 6-8 am EST/New York | 12-2 pm CET/Berlin | 8-10 pm AEST/Sydney)

[CLICK TO JOIN GROUP #2](#)

(Wednesdays from 12-2 pm EST/New York | 6-8 pm CET/Berlin)

Does any of this sound familiar?

- ◇ You're tired of the Kids or Childfree choice consuming your every waking thought. (Oh yeah, and some of the sleeping ones too — pregnancy dreams, anyone? Yeah, I had those too.)
- ◇ Each birthday is accompanied by a feeling of, "Oh-shit-oh-shit-oh-shit — I thought by *this age* I would finally know what I want".
- ◇ The few people you discuss this topic with seem nearly as tired as you are of all of the back and forth.
- ◇ Nevermind that everyone has some damn strong opinions you're having trouble separating from your own. ("Will I regret it? Should I "just know"?)
- ◇ Every time you think you've reached a decision, something inside you screams, "But I'm still not sure!"

Even worse than all the waffling? It's the deep fear that you'll decide and get it wrong.

What if you choose the wrong path and have to live with its consequences — and regret — for the rest of your life?

"I was very nervous at the beginning of our first session because this decision seemed so fraught, high-stakes, and emotionally charged. However, with the way we eased into the course, and the thoughtful material and safe space on Zoom, facing the KCF decision seemed less scary and more manageable." ~ A.P. Canada

"The program enabled me to stop spiraling about the Kids or Childfree decision and get to work. I especially enjoyed the support and discussions in our group, as well as the unbiased coaching from Keltie. The focus on the singular topic and specific choices allowed me to delve into questions and concerns about the decision, without feeling too lost in anxious abstract thoughts." ~ Mia, Denmark

I've been there and I know how lonely, alienating, and shameful it can feel not to have clarity on something you've been told you should just know.

I spent the better part of a decade trying to decide if motherhood was for me.

I can also tell you from the other side of having made a decision that a clear and confident Kids or Childfree choice *is* possible — and that you can live a joyful and fulfilled life no matter what you choose.

But here's the slice:

A clear, confident decision won't just magically happen; getting clear on your right choice requires a commitment to do the work.

Identifying what really matters to you.

Connecting with your unique wants, needs, and who you are.

Working through the fears that are keeping you stuck, and separating external pressures and judgement from what you *really* want.

If you:

- ◇ Are done with spending so much time and energy flip-flopping back and forth, trying to make a choice
- ◇ Are ready to make a decision that feels right for you — no more hoping the answer will just show up
- ◇ Want to be part of a group of likeminded women who get first-hand what it's like to be ambivalent and unsure about whether to have kids
- ◇ Want the support of someone who's been where you are, and ultimately reached a decision that feels good and true

...my Kids or Childfree Group Coaching Program was created for you.

"The Kids or Childfree program provided me with a much-needed space to explore deeply personal and important questions in a supportive and brave space." ~ Alexa, USA

"This program helped me think about the option of not having kids for the first time! The group and the support within the 3 months was amazing." ~ Sarah, Germany

This 3-month program includes...

- ◇ 6 x 2 hour group coaching calls — hosted on Zoom every 1 to 2 weeks; each session will focus on a different aspect of the decision so you can make a confident choice
- ◇ 1 x 1 hour wrap-up call to celebrate all you've discovered and learned over the preceding 3 months
- ◇ Guidance through a proven process that will help you connect with what you want
- ◇ Community and support between calls, via a dedicated Slack channel, for the duration of the 3 months
- ◇ Resources and support delivered between our live calls, to tackle specific questions that have come up, or on topics that are specifically tailored to participants in the group
- ◇ Exercises and questions to explore or delve into deeper on your own time

PLUS, you have the option to access 1-on-1 coaching support with me at a discounted rate — add 3 x 1-hour private calls with me for \$597 + tax.

Here's just some of what we'll dive into together over these 3 months.

You'll...

- ◇ Identify and prioritize your unique wants, needs, and overall vision for your life
- ◇ Discover how to meet yourself with self-compassion and honour who you are and what you want
- ◇ Get clear on what you need to feel good with your decision, no matter what it is
- ◇ Learn to recognize and accept difficult emotions that arise through the decision-making process
- ◇ Determine the internal and external influences that are keeping you stuck and/or playing a role in your choice
- ◇ Navigate your relationship with others – including your partner, should this apply — as it relates to your choice
- ◇ Consider the practicalities of both sides of this decision
- ◇ Explore the challenging beliefs, fears, and judgments — of both yourself and others — that arise while making this choice

So you can make a decision that's right for you — no matter what you choose.

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"I loved that Keltie approached both choices with the respect they deserve. As I settle in to being childfree, it feels really important to me to not fall into a pattern of pitting each option against each other. Keltie's approach set things up to be very supportive of either choice, and shows the both pathways have their benefits and challenges." ~ Katie, USA

Imagine how it will feel to have finally made a confident choice.

To not have this huge — yep, the *mother* of all decisions — hanging over your head.

To know you're finally clear on what *you* want and the direction you're moving in in this area of your life.

Can you practically *taste* the relief?

Excited to join us for the next round of the program?

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(Tuesdays from 6-8 am EST/New York | 12-2 pm CET/Berlin | 8-10 pm AEST/Sydney)

[CLICK TO JOIN GROUP #2](#)

(Wednesdays from 12-2 pm EST/New York | 6-8 pm CET/Berlin)

Have a question about whether this program is the right fit for you?

Email me at hello@keltiemaquire.com.

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Quick FAQ's for you — if there's something I missed, just ask!

1.) When do the sessions take place?

We have two groups of this round of the program that are happening, depending on your availability.

The sessions for Group #1 will take place select Tuesdays from 6-8 am EST/New York | 12-2 pm CET/Berlin | 8-10 pm AEST/Sydney on the following dates:

January 21st

January 28th

February 11th

February 25th

March 11th

March 18th

March 25th (1-hour wrap-up call)

The sessions for Group #2 will take place select Wednesdays from 12-2 pm EST/New York | 6-8 pm CET/Berlin on the following dates:

January 15th
January 22nd
February 5th
February 19th
March 5th
March 19th
March 26th (1-hour wrap-up call)

Can't make a call live? All sessions will be recorded for participants to re-watch or catch up if there's a date you have to miss.

2.) I'm single — is this just for people who are coupled up?

This program is for *any* woman who is on the fence about whether or not they want kids — regardless of your relationship status.

3.) Will there be homework between sessions?

I'll be sharing different exercises, questions, and in some cases, pre-recorded trainings for you to watch, between our calls. In order to get the most out of the program, I highly suggest putting aside an additional 1-2 hours per week to go through these.

4.) Will this be like your 2-hour Kids or Childfree workshop?

Yes and no. Yes, in that the live sessions will be delivered in a similar format.

No, in the sense that we will go much deeper and touch on further topics and aspects of this decision. Plus, because the program is 3 months, you'll be able to really reflect on and integrate everything that comes up so you can reach a confident decision.

“Meeting people that are in different but very similar places in terms of making these life choices was so freeing, and provided such support and insight.” ~ Alison, Canada

I'm SO happy I took this program. I was panicking before I started this program, but through my time in the group, I realized that either way, I will be okay and there is no RIGHT decision. The Kids or Childfree Program helped me understand who I am and what I want from life. More than helping me to figure out if I want kids or not, it helped me to understand who I am and how I want to live this life. Keltie is so compassionate and easy to talk to. She prepares deep questions that make you go deep inward. I 100% recommend taking this program with her!!"

~ Miku, Japan

Are you ready to finally decide?

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