

# 1:1 Bespoke Birth Coaching

with

*Linzi Watts* 

# **Elective Caesarean**



- **Preparing like a Queen for your caesarean birth - What actually happens, what to expect**

- **Caesarean relaxation techniques**

- **Writing a epic Caesarean birth plan and ALL of amazing choices you have to make this day your own and how you can stay in control.**

- **The invaluable role of the birth partner**

- **Protecting your Baby's Microbiome**

- **Caesarean Recovery - What to expect**

- **Caesarean and Breastfeeding - Setting you up for success.**

- **The Fourth Trimester - Why THIS time is GOLDEN! What to expect AFTER you've had a Baby and how to thrive as a family in this time.**

- **1:1 Whatsapp voice messaging support between sessions and 2 weeks after.**



**x1 - 3 hour session**  
**2 weeks 1:1 Voice Coaching**

If you want to change anything, add anything or have any further questions, just give me a call or text and we can chat it through.

Happy to discuss anything at all and really looking forward to being with you during this special and spectacular time.

*Linzi Watts* 

**Energy Exchange:**

**£195** 

**I can't wait to hear from you... Love Linzi xx**