



Reset Dinners

Pause. Reset. Grow

For mums juggling business, motherhood and themselves
A relaxed, guided dinner for neurodivergent mums who carry it all. Each month we cover one theme across business, motherhood and self-care, with practical tips, ADHD-friendly systems and real connection.

Each session includes

- Practical reset tips for business and home from Felicity
- A hot seat to share a challenge and get ideas Felicity & the group
- Self-care tips you can actually fit in
- A take-home sheet covering business & home goals plus self-care
- Connection with other neurodivergent mums who get it

Where- Southern Gold Coast- TBD

When- TBD 2 hour Session.

Cost- \$40PP (*Purchase Meal/Drinks separately*)

Spaces are strictly limited to under 10 per session to keep the group small and supportive, please book early if you're interested. Due to management, preparation all bookings are non-refundable (including late cancellations), so please ensure you are committed to attending before booking and if for some reason you can't make it physically please advise us and we will send all material to your email instead so you don't miss out.