

# MODULE 3

## SELF- REALISATION



### Learning outcomes

- Their role of mothers in the social context they live in.
- Their strengths and difficulties in the mothering experience
- Possibilities and resources they have to overcome their difficulties

### Total duration

- 2-hours of group activities face to face or online
- 1-hour self-learning
- 3-hours homework activities

### Instructions for facilitators

The facilitator should have competence in facilitating the peer-to-peer exchange among participants and empathic understanding.

