"Be a mother to yourself, and watch how your relationships flourish; how your purpose in life is realized; how you find fulfillment in your own desires. Open yourself up to the possibility that life might not look how you thought it would—and that’s OK. We are all mothers, because mothering is a choice, and if you let it, it can be a vehicle to your highest self."
Dr. Gertrude Lyons, Life Coach, Speaker, and Mothering Revolutionary is modeling how to Rewrite The Mother Code®. Through her own couples coaching sessions with her husband, Dr. Lyons realized the powerful effects of coaching and decided to become a coach herself. From there, her studies led her to take a deep dive into the concept of motherhood, deepening her relationship with her daughters, her sense of self, and ultimately igniting her desire to help ALL women embrace their mothering journey.

Dr. Lyons is a leading edge trainer and educator in human emergence, lifestyle, parenting, leadership development, career, satisfying and successful relationships, and women's development. Ultimately, she inspires people to take control of and responsibility for their own personal transformations. She has made it her mission to challenge traditional notions of being a mother by facilitating raw, open, and challenging conversations around mothering, womanhood, and parenthood that no one else is having. She has spent the last 18 years empowering individuals, couples, parents, and families to bring out their best selves through helping them realize meaningful, successful lives, with the aim of bringing new perspectives on personal transformation to as many people as possible.

Today, Dr. Lyons is helping women to reclaim their lives through the mothering journey and create a safe space where women can express their dreams, fears, and truths around motherhood. We are all mothers, and together we can support and empower one another to be the best versions of ourselves.
For the past 20 years, Dr. Lyons has been speaking as a lecturer at the Wright Foundation and has led numerous other discussions, trainings, and workshops around the topics of mothering, parenting, self-love, and human potential.

Whether for a large corporate event or a more intimate gathering, Dr. Lyons has a range of topics that can be tailored to meet the interests of your organization.

- **Rewrite the Mother Code®**
- **Brain Sex: The Neuroscience of Feminine Power**
- **Social-Emotional Intelligence**
- **The 7 Rules of Engagement**
- **New Year, New You: Visioning for Your Year Ahead**
- **Reflect, Rejoice, Renew: Creating a Nourishing Holiday**
- **The Power of Vulnerability, A Conversation**
- **Living with Resilience**
- **Rockin’ Relationships**
- **Being Kind to Yourself**
Dr. Lyons serves as Senior Life Coach at the Wright Foundation for the Realization of Human Potential. Located in Chicago, IL, the Wright Foundation is a 501(c)3 non-profit with three divisions focused on using cutting-edge social and emotional intelligence to activate leaders who help contribute to a 200-year vision of a world that works for everyone.

Dr. Lyons received her BBA in Finance and Accounting from St. Mary’s College, Notre Dame, her MA in Psychology from Antioch University McGregor School and her EdD and MA in Transformational Leadership and Coaching at the Wright Graduate University for the Realization of Human Potential. Dr. Lyons is a founding member of SOFIA (Society of Femininity in Action) established by Dr. Judith Wright to train women in feminine leadership. Dr. Lyons is also an adjunct faculty at MMCI, Midwest Maternal Child Institute.
This is not a podcast about motherhood or how to raise children. This is a podcast for ALL women seeking to reconnect and reawaken their maternal power that's inside all of them. The mot(HER) podcast empowers people who identify as women to love themselves holistically by rewriting their mother codes.

We all have mother codes from our childhood and from culture's definition that to be a mother means to have children. But this podcast is about expanding and reclaiming the definition of mothering. It enables its listeners to embody the woman she always knew herself to be.

In raw and insightful conversations, your host Dr. Gertrude Lyons, confronts the myths surrounding mothering and challenges the notion of what it means to be a mother. So be prepared to show up, hold space, and be mothered in a way you've never been before, but have always needed.

Available on Spotify and Apple Podcasts

7,466 total downloads

111 average episode downloads

Audience: 94% women, 6% men

Audience Ages: 38% are 25-34 years old, 34% are 35-44 years old
media + features

first time parent  PureWow  mbg relationships  INSIDER  RED TRICYCLE  blood & milk

podcasts:

- ROCK YOUR JOY
- ACTIVATE motherhood
- HAPPY AS A MOTHER podcast
- Hot Marriage Cool Parents
- mindlove
- we gotta talk
- MOXIE LIOUS
2020 woke us all up. It challenged us in ways we could never have predicted. And with everything happening in the world right now, you might think it’s not the “right time” to invest in yourself. In fact, the timing is perfect.

Why? Because we’re still in the midst of a global pandemic, with all the chaos and unknown that comes with it, which is the ripest time for personal transformation. And, you’re up against one of the BIGGEST mothering myths—that you don’t have time for yourself. It’s up to you to shift this constricting paradigm.

Dr. Gertrude Lyons hosts an annual retreat, to celebrate and embrace feminine power in women at all stages of their mothering journey. This event is intended for women to have the space and comfortability to roll up their sleeves and discover their purpose, gaining a better understanding of their unique gifts.

In addition to the retreat, Dr. Lyons also hosts local events twice a year where she shares thought-provoking perspectives and creates a safe space for guests to explore topics around motherhood, social constructs, and self-mothering in today’s world.
For PR inquiries or partnerships, contact keaton@simplybeagency.com

Visit www.drgertrudelyons.com for more information.

Connect with Gertrude:

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