**Want to feel confident about your return to work after maternity leave?**

We often hear about mothers losing their confidence on maternity leave, but have you ever wondered why it happens? And how to prevent it?

One of the biggest challenges for working parents today is how to find work-life balance. But where do you start trying to figure out what will work for you and your family?

And how do you find the time and space to maintain your identity and look after your own needs when you become a mother?

Whether you are still at work or already enjoying your new baby, the chances are you're thinking about your return to work after maternity leave and the juggling this will bring.

This four-week course takes you through everything you need to think about to plan a confident return to work: from how to manage your emotions, maintain your confidence, juggle work and family life, maintain your sense of self and create your return to work plan.

So you won't just survive after your return to work, you will thrive.

And because we are working parents, and have been through maternity leave, we know how hard it is to find the time to do even the simplest of tasks. The bite size lessons and downloadable worksheets are designed to make it easy to complete around even the busiest work and family life.

**What will you learn on this 4 week course?**

* How to create your own plan to help you maintain your identity through maternity leave and beyond
* My 'magic' tip to manage unhelpful thoughts and emotions
* Why maternity leave is an emotional time and how to reduce the impact on your return to work
* My unique 4-stage strategy to boost and maintain your confidence as a mother
* How to unblock what's holding you back from achieving your potential post maternity leave
* How to use maternity leave and being a working parent as an opportunity to keep your career on track
* My 4-step plan to manage your home/work life balance during and after maternity leave
* Advice to help you apply for flexible working
* My top tips to help you stay visible while on maternity leave.
* My one-stop comprehensive return to work checklist

**How does it work?**

1) Sign up for the course

Receive your welcome email containing further information about the course, links to our private Facebook group and immediate access to the online course.

2) Weekly group coaching calls

Over the four weeks you will be able to join five one-hour group coaching zoom calls to reflect on the week’s work and support and be supported by others in your group.

3) Life time access

You have life time access to the course and our private Facebook group, so you will have ongoing support through your maternity leave and your return to work.

**About Frances Cushway, Founder of The Maternity Coach**

Thrive after maternity leave and plan your confident return to work course was designed by Frances Cushway, Founder of The Maternity Coach, based on her highly successful one-day workshop.

Frances is a Registered Career Coach with the CDI and worked for the majority of her career for PwC and the BBC before setting up her own consultancy. She has coached mothers for over ten years, both returning to work after maternity leave and later in their careers. As a result she understands and can help you plan for issues that come up later in your career - future proofing you for your life as a working mother.

Bringing together the psychology of becoming a mother with the practicality of planning your return to work, this course combines the coaching support of a one-day course with the flexibility of online learning to create a unique and fascinating learning experience.

Frances was a finalist in the Career Development Awards Career Coach of the Year 2018 and 2021 for her work coaching mothers on maternity leave.

www.thematernitycoach.co.uk

**What do people say about working with Frances/The Maternity Coach**

"Excellent course, Frances you have been fantastic, thanks so much, highly recommend this course, I feel calm, prepared and organised as I approach maternity leave so I can make the most of my birth and new baby and then go back to work feeling ready and excited about the new challenges ahead." Lyndsey

"Really great to make you think and reflect in a constructive, objective and positive way about the challenges of being a working mum and being on maternity leave. I now have a plan in mind and feel more prepared for my return to work." Lucy

"This course has been fantastic, thank you! It helped me consider things I wouldn't have thought about. I have gone from feeling that leaving was the only option, to feeling confident that there are ways around balancing working and being a mum." Angela

“Very thought provoking and helpful. Nice to speak with others in the same boat as you. Frances facilitates the group really well and is always friendly, upbeat and never judgemental. The course has been fantastic.” Priti

“Really great course, nice to meet other mothers / mothers-to-be. Good to have modules spread out and have one hour each week, made it manageable and gave time to reflect. Great to have lifetime access to these resources. Thank you so much.” Georgina

“Thank you for a very insightful course. Lovely to meet other like minded mums. Learnt a lot about changes during this maternity transition period. Can definitely see myself using helpful tips collected over the course. Thank you once again.” Rabiah

“I thoroughly enjoyed the course. Can't thank Frances enough, I began the course almost feeling like I wouldn't be able to return to work at all, but have left feeling much more confident and in fact looking forward to the transition!” Kate

"Thank you - the workshop was useful and fun. You created a very safe space to reflect on maternity leave. Heartening to find someone passionate and focused on such an important point in a family's life." Katherine

"This workshop was excellent, really useful. I wish I had been able to attend this workshop in my first pregnancy/maternity leave.” Kate

"Fantastic course. So helpful even for someone on their third maternity leave. Really got me thinking about subjects that had not been on my radar before." Becca

"Thank you, the course has been so useful for planning maternity leave and return to work, considering both the practical and emotional aspects." Natalie