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| **Surrey and Sussex LMC, Gloucestershire LMC and Somerset LMC****are delighted to offer this series of FREE workshops to support your successful transition from Maternity and Parental leave to the workplace over an 18-24 month period.**  |
| **WORKSHOP 1** *Thursday 6th October 2022*09:00 - 17:00  | **For Clinicians preparing to go on Parental Leave with a particular focus on those going on Maternity leave** * **Group coaching session (13:00 – 17:00)**
* Maternity leave and pay information
* Financial advice
* Wellbeing and perinatal mental health
* Appraisal and revalidation
* Maternity leave checklist
* Case discussions

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| **WORKSHOP 2** **Part 1 - Webinars** *Thursday 6th October 2022**09:00 – 11:45* | **For Clinicians on parental leave or have recently returned to work** * Maternity leave and pay information
* Financial advice
* Wellbeing and perinatal mental health
* Appraisal and revalidation
* Return to Work checklist
* Case discussions
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| **WORKSHOP 2** :**Part 2 – Group Coaching***Thursday 13th October 2022**12:15 – 17:00*   | **For Clinicians on parental leave or have recently returned to work** * Group Coaching session Job planning
* Regaining confidence
* Support return to work
* Managing workload balance and self-care.
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| **Joint webinar***Thursday 6th October 2022*12:15 – 13.00 | **For Practice Mangers and Workshop 1 & 2 Clinicians*** Employment and Contractual advice and guidance
* Flexible working advice and guidance
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| **WORKSHOP 3** *2022 – TBC*  | **For Clinicians going back to work for 6-18 months after parental leave.**  |