



# Back to Business

If going back to work after having a baby seemed difficult before, it's hard to imagine having to find your footing back in your professional job during a global pandemic. This online programme supports female employees to return from maternity leave with renewed confidence as well as lots of practical tools to ensure a successful return.

Returners programmes have noted the following key benefits:

- Increased retention rates of high caliber women
- Increase in performance of employees pre and post maternity
- Increased career progression in years 1-5 after returning to work



MARC COMM



Women in  
Business

# Networking & Masterclasses



## Session 1

Thursday 22<sup>nd</sup> October  
10am – 12.30

### 3/4 months pre-return

**Content covers:** establishing a new external network; planning your return to work; addressing the demands of being a working parent; managing work-life balance when potentially working from home; understanding your personal drivers.

## Session 2

Thursday 26<sup>th</sup> November  
10am – 12:30

### 1/2 months pre-return

**Contents covers:** reconnecting and sharing learning; managing our mindset; setting and communicating boundaries; understanding your communication style; communicating with confidence; increasing resilience and understanding the 'new normal'.

## Session 3

Thursday 3<sup>rd</sup> December  
10am – 12.30

### 3 months post return

**Content covers:** reconnecting and sharing experiences; understanding own skills and competencies; career planning and developing your personal brand executive presence.

## Session Information

These sessions will require you to participate in a 2-3 hour Zoom session where you will have the opportunity to network with your cohort and learn from each other. Whether you are pregnant or about to finish maternity leave in the next few months, **Back to Business** will equip you with the tools and strategies you need to succeed at home and at work. **Cohorts are limited to 15**



## Coaching

Two 90 min 1-2-1's

Our one-to-one maternity coaching will run between the masterclasses and are designed to help you to develop your confidence and resilience to navigate the practical and professional challenges that come with starting and raising a family and having a rewarding and thriving career.

Coaching will help you to:

- Realign your goals and your work
- Increase your performance
- Develop your capabilities and personal awareness
- Boost your confidence and enjoyment
- Raise your motivation and sharpen your focus
- Improve your impact on others



All sessions will take online via Zoom.

All coaches will be Women in Business approved having achieved or demonstrated the following:

- Recognised coach qualification
- Minimum of 3 years' experience
- Strong levels of skill across core coaching competencies (AC Competency Framework)
- Membership of a professional coaching body (AC, EMC, ICF)

Coaches and appointments will be assigned on Day 1  
**\*\*additional coaching sessions available at discounted WIB rate-email for info**

"The course has been great - definitely one of the most invaluable experiences I've had as i transition back into the workplace after maternity leave".

Donna- Baker McKenzie



## Programme Costs

WIB Member – £1,000 +VAT

Non-Member – £1,400 +VAT

To register [click here](#) or email

[nicky@womeninbusinessni.com](mailto:nicky@womeninbusinessni.com)



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