



**Centre
of Learning**
Learn. Connect. Grow.

a part of **W** The **WiB** Group

Back to Business Maternity Returners Programme



Our partners:





What is the Centre of Learning?

At the Centre of Learning we are passionate about encouraging women to climb the ladder of success both personally and professionally at all stages of their career, whilst actively encouraging allyship.

We develop and deliver practical and bespoke programmes for professionals and leaders from all different industries, whilst also supporting organisations seeking tailored internal training, coaching and HR consultancy.

The Centre of Learning is part of The WiB Group, an umbrella group of social enterprises that are dedicated in the mission to help create a prosperous, inclusive economy for Northern Ireland.





Back to Business - 3 month Maternity Returners Programme

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 in an ever changing business landscape of technological advancement, hybrid working and more. This 3-month programme supports female employees to return from maternity leave with renewed confidence as well as equipped with practical tools and advice to ensure a successful return.

Returners programmes have noted the following key benefits:

Increased Retention
of high performers

Increase in
performance pre &
post maternity

Increased career
progression y1-5 after
returning to work



Find out more: centreforlearningni.com

Programme Delivery



Networking and Masterclasses

Session 1

10am - 12.30pm (in-person)

Content includes: 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

10am - 12.30pm (in-person)

Content includes: reconnecting and shaping learning; managing our mindset; setting and communicating boundaries; understanding your communication style; communicating with confidence; increasing resilience and understanding the 'new normal'.

Session 3

10am - 12.30pm (in-person)

Content includes: 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 attend in-person where you will have the opportunity to network with your other professionals, share experiences and learn from each other. Whether you are due to finish maternity leave in the next few months or have returned to work in the last 3 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 10 delegates



Find out more: centreforlearningni.com

Programme Delivery

Coaching - two 90 minute 1-2-1's

Our one-to-one maternity coaching sessions 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

Programme Costs

Programme Price: £1450+VAT

Affiliate Price: £1160+VAT

All coaches are Centre of Learning 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

**If you would like to benefit from further coaching following the programme email nicky@centreoflearningni.com to avail of a discounted rate*



What others have to say

Catherine AFLAC NI

I started this programme just before I returned to work. It was great to hear the experiences of other mums and get some valuable coaching along the way. When I started back at work, I was able to put into practice some of the things we discussed in the sessions and be more impactful early on in my return. Una and Gerry were great and the online coaching sessions were tailored to my needs and gave me the tools I needed to feel more confident when settling back into the job.



Amy Belfast City Council

I found this training to be a great support when returning to work after maternity leave. Una was a great trainer who was empathetic to concerns raised and gave great advice in how to resolve issues. A valuable network opportunity also in making new mum friends and learning from others experiences.



What others have to say

Sarah Baker McKenzie

The maternity returners course was a great opportunity to reflect on me and my career, and not as a mum. It gave me the opportunity to connect with other returning mums and to think about the skills and personal traits that I can take with me to my job when I return. The mix of in person sessions and the coaching sessions was great, as the coaching sessions allowed me to focus on personal goals and worries. I really enjoyed the session and feel like I gained a lot from it.



Pily NIE Networks

Great programme to ease yourself in after maternity leave. The sessions are easy to follow and Úna is a fantastic motivator and speaker. It is great for networking with other mums too. I found the coaching sessions with Gerry very valuable and full of useful tips that I am applying in my personal and professional day to day. Thanks for helping us feel more confident.



Our customers

Since commencing in 2019, we have had the privilege of providing training support to over 2500 individuals and 200+ organisations from different sectors.

Learning from diverse individuals across industries offers delegates a safe space to discover themselves, break away from group-think, understand varied business landscapes and share unique perspectives for enhanced growth and learning.



Our partners:



Contact the team



Start your journey to learn, connect and grow today.



Laura Dowie
Director

laura@centreoflearningni.com



Nicky Scott
Head of Programmes & Development

nicky@centreoflearningni.com



Gina Black (maternity cover)
Programmes Co-Ordinator

info@centreoflearningni.com

Our partners:



Centre of Learning Office

Arthur House, 41 Arthur Street, Belfast BT1 4GB
Visit: womeninbusinessni.com/centre-of-learning

