



# Back to Business

This programme supports female employees returning from Maternity Leave. It is a dynamic re-boarding programme that enables women to arrive back to their roles confident, energised and ready to influence others.

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- Your Network**  
Monday 27th April  
10am – 12.30

---

Take time to connect with other professional women who want to continue to have career success after starting a family and become part of a supportive community of women going through the same transition. Meet your fellow course returners and their babies.

**Session 2- Preparation**  
Thursday 14th May  
10am – 12:30

---

Establishing a new external network; planning your return to work; addressing the demands of being a working parent; managing time pressures; understanding your personal drivers.

**Session 3- Reconnecting**  
Thursday 18th June  
10am – 12.30

---

Reconnecting and sharing learning; managing our mindset; setting and communicating boundaries; understanding your communication style; communicating with confidence; and increasing resilience.

**Session 4- Surviving and Thriving**  
Thursday 3rd September  
10am – 12.30

---

Reconnecting and sharing experiences; understanding own skills and competencies; career goals and strategy and maintaining visibility.

**Limited spaces available**



## Coaching

Three 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 place at  
Pinsent Masons, Soloist Building, 1  
Lanyon Place, Belfast, BT1 3LP

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

"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 – £1,250 +VAT

Non-Member – £1,650 +VAT

To register call

0845 607 6041 or email

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



Centre of  
Learning