



# 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 - Preparation**  
Thursday 17<sup>th</sup> January 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 time pressures; understanding your personal drivers.

**Session 2 - Reconnecting**  
Thursday 14<sup>th</sup> March 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; and increasing resilience.

**Session 3 – Surviving and Thriving**  
Thursday 16<sup>th</sup> May 10am – 12.30

### **3 months post return**

**Content covers:** reconnecting and sharing experiences; understanding own skills and competencies; career planning and maintaining visibility.

These sessions will require you to attend for a 2-3 hour session where you will have the opportunity to network with your cohort and learn from each other. You will hear from business experts who will share knowledge relevant to the sectors represented and the current key business issues.

Cohorts are limited to 15 delegates



## 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 Arthur House, (above Avoca) 41 Arthur Street, Belfast, BT1 4GB

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)

### Programme Costs:

WIB Member – £1,150 +VAT

Non Member – £1,550 +VAT

To register call

0845 607 6041 or email

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