

SHE'S BACK!

A WORKSHOP FOR WOMEN RETURNERS

Work Happy Mums



Coming back from maternity leave is challenging for new mothers who are transitioning back into their workplaces while also managing child care and family commitments.

Work Happy Mums She's Back! workshop gives participants the opportunity to learn, reflect and share experiences with like-minded women in a similar situation, and address many of the issues women identify as a barrier to a smooth return to work - among them decreased professional confidence and questioning their personal & professional identity.

Participants will come away feeling refreshed, re-energised and equipped with tools to help them own the process and launch back into their career with maximum impact. A win-win result for women and businesses!

She's Back! gives women the tools and resources they need to make a smooth and confident transition back to work, and set themselves up to succeed - both at work and at home.

About the workshop

She's Back! brings together women from a range of organisations - from small and medium businesses to multi-national corporations. At Work Happy Mums, most of our current work is with mid-level to senior professional women, across a range of industries, and we have those women in mind when thinking about the style and substance of the workshop.

She's Back! provides participants with:

- Perspective, insights and context to managing their transition back to work whether they are a first time mum, or a mum on their second, third or more child.
- Strategies to address common challenges such as guilt, logistics and 'balancing' work and family, as well as confidence, personal brand and raising their profile.
- Peer discussions with other women at a similar stage, and facing similar challenges.
- Time and space to stop and reflect through structured exercises.
- A Return-To-Work Action Plan, along with a plan for the First 100 Days Back In The Workplace.

Structure: The workshop is divided into 2 x 2.5 hour sessions held online, plus a 1.5 hour follow-up meeting to check-in on progress with participants 100 Days Back In The Workplace plans and trouble-shoot challenges.

Timing: The workshop is ideally suited to women who are in the latter part of maternity leave, generally 1-4 months before they are due to return to work. The follow-up meeting takes place 4-6 weeks after women return.

Dates: The next workshop is in October 2021. Specific dates will be decided on based on the availability of participants. Typically participants choose for both workshop sessions to be held on Saturday mornings when partners or other family members are available to take care of their little ones. The follow-up meeting is usually run over lunch on a weekday.

She's Back! can be run exclusively for returners in your organisation, with 8 being the maximum group size. Please reach out to talk through the details.

Impact & benefits

She's Back! helps companies nurture and develop their female talent at an often challenging and critical moment in their personal and professional lives. The process will enable new parents to emerge stronger and more confident, and will enable your organisation to:

- Retain much needed talent, skills and experience and grow your leadership pipeline.
- Improve re-engagement and pace of delivery post return.
- Contribute to corporate social responsibility and enhance your reputation as an employer of choice.
- Reap the commercial and business benefits associated with improved diversity.



“The first 100 days back at work after maternity leave are almost as important to women as the first 100 days for a new CEO... Confidence and self-esteem is a huge need at this point – both in everyday life and at work – because having a baby is a life-changing event.” – Coaching Women To Lead

The cost

- Per person participation in multi-organisation workshop = 375 EUR / 320 GBP
- Company exclusive workshop (up to 8 participants) = 3,000 EUR/ 2,555 GBP
- Includes:
 - 2 x 2.5 hour workshop sessions
 - 1 x 1.5 hour follow-up meeting
 - Pre-workshop survey to determine specific needs and challenges of participants, and post-programme survey to gauge results/ impact

About Work Happy Mums

At Work Happy Mums we work on both sides of the workplace to bring about change: as a champion and advocate for women in the workplace, and as a guide and advisor to a broad range of organisations who recognise the social and commercial benefits of creating balanced and inclusive workplaces where everyone has the opportunity to reach their full potential, professionally and personally. For more visit workhappymums.com.