



Here is an example programme of what the returning women could expect

How your maternity coaching works

This programme aims to give you:

1. An opportunity provided by your employer to access external support through your pregnancy and early motherhood, to help you make the best decisions for you and your family.
2. Additional peer support from other new mums in your organisation or within your local community.
3. New skills which you can use on a daily basis to get the most out of your new life.



Samantha Pringle BSc, MBA, NLP

Bump and Banter

(antenatal 2 hour group workshop)

- **Introductions**
 - Aspirations and concerns about motherhood and your career.
- **What's coaching got to do with it?**
 - How coaching works.
 - Outcome planning.
 - Exercises on how your mind can change your feelings and experiences.
- **Bump today: Baby tomorrow**
 - Enjoying now.
 - Embracing change.
 - Letting go and delegating
- **Learns from the day**
 - Sharing new knowledge.
 - Future support networks.

About your coach

I am a professional NLP Master Practitioner coach with 10 years management experience including an MBA. I have a family myself, which means that I understand what family/work life balance really means for both employers and employees.

You have a bank of 1:1 time with me, to take when you want over your maternity leave and during your first few months back at work. This can include telephone and email support. I will endeavour to set up time for you within a week of your request.

An appointment card will be sent to you 8 weeks after the birth of your baby for your first session. This 1:1 session will focus on 'coping strategies' for the major change you are going through and any other topic you feel would be useful to discuss at that time.

A second invite will be sent at six months to look at '*what the future holds*'. This will help you decide how to manage your return to work both practically and emotionally.

Tools used during these sessions include wheel of life, values pyramid, reframing & goal setting.