
Program Details

Executive Maternity Coaching

Motherhood is one of the most significant leadership transitions a woman will experience. Yet it often arrives at the very moment her career is accelerating.

re-mom's Executive Maternity Coaching is a bespoke advisory engagement designed for high-performing professionals, executives, founders, and emerging leaders who want to navigate maternity leave without losing momentum, confidence, or career opportunity.

Together, we'll develop a personalized strategy that supports every stage of the transition – from preparing for leave and leading a seamless handover, to maintaining connection while away, to returning with clarity, confidence, and a plan for continued leadership growth. Beyond the workplace, we'll also design practical systems at home to create greater equity, reduce the burden of default parenting, and build the capacity needed to sustain long-term success.

This is a private advisory engagement that spans your entire maternity transition.

Each engagement is tailored to your unique leadership role, career aspirations, and family dynamics, ensuring you receive practical guidance and trusted partnership through one of the most defining transitions of your career.

Available on a limited basis by request.

program goals

The goal of Maternity Coaching is to provide a framework for maternity transition success for the mother, focusing on her wellness and career. Becoming a mother is a deeply psychological and transformative period in a woman's life that inevitably impacts her career; Maternity Coaching is designed to support both the psychological and emotional factors of entering motherhood while providing tactical support for career management. In a life phase so focused on the baby, Maternity Coaching maintains focus on the mother, prioritizing her wellbeing and her career from pregnancy through to her reintegration into the workplace.

Program Details

Maternity Coaching

how it works

- Coaching sessions are 60 minutes in length, scheduled according to mutual availability (5 sessions total)
- Coaching sessions are scheduled in the following **three-part** format:

Part 1: Pre-Maternity leave.

Prior to maternity leave, one coaching session focuses on your transition out of work, and maintaining your career trajectory.

This sets you up for a confident and worry-free departure from work.

Part 2: While on Maternity Leave.

When it feels good to you, re-mom will be in touch with you once during your maternity leave to check in on how you're staying connected to the workplace, and work life harmony planning.

The focus of this session is to gauge and support your confidence to return to work, and prepare you for work-life harmony for when you return to the workplace.

Part 3: Return To Work Integration.

Three coaching sessions will be dedicated to your return-to-work integration post-maternity leave, with a strong emphasis on work-life harmony, reintegration training and employer support, and confidence among other things.

This allows you to reintegrate back into the workplace with flexibility, comfort and satisfaction both at work and at home.

- Coach may request you to complete homework or reading assignments between sessions
- Action planning is a core component of all re-mom coaching packages; you are accountable for following through on mutually agreed-upon action plans that align to your goals

Pricing Available Upon Request.