

## Program Details

### Maternity Coaching

Maternity coaching focuses on the high-achieving, career-driven woman as she navigates pregnancy. With an emphasis on maintaining career trajectory, designing equity in the home, and confidence to return to the workplace, maternity coaching is a long term relationship with re-mom where we see you through pre-maternity leave, during maternity leave, and post-maternity leave, set across 5 coaching sessions (1 touchpoint pre-maternity leave; 1 touchpoint while on maternity leave; 3 touchpoints when reintegrating back into the workplace).

Maternity coaching sets the expecting mother up for success both at home and in the workplace – leaving her with a mindset and resources that supports her in the best way possible during this transformative period of her life.

### 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 from pregnancy through to her reintegration into the workplace.

### 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.

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#### how it works (cont'd)

##### **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

investment | \$1399 CAD + HST

payment options available upon request