

# BeyondEAP

Specialist employee support  
for life's toughest challenges



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www.beyondeap.co.uk



beyondeap

## Why Use our Maternity Coaching Programme?

In short, because you don't have to do this alone.

Bringing a new person into the world is life-changing and all-absorbing. Yet you also have a successful career and there's no need to feel guilty about balancing life and work in a way that feels right to you.

Our maternity coaching will help you prepare for the career management and development you want, even in the throes of nappy-changing! We are there to remind you of your skills and strengths, and the unique value you bring to the firm you work for.

**Your experienced coach, Sandie Dennis, is a trusted partner and has been providing maternity coaching for new mothers in many firms, including up to Partnership level, for a number of years.**

*"The coaching helped me to manage my workload and greatly assisted with the handover process prior to going on maternity leave.*

*Whilst I was on maternity leave it was great to keep in touch and Sandie provided some very helpful guidance on how to structure my flexible working request. It was also helpful to have someone to discuss any concerns about returning to work with and reassuring to know that a period of adjustment is normal.*

*In our final session, we reflected on my journey and set goals for the future. Throughout the process, Sandie provided an enormous amount of support which reduced any anxieties, increased my self-confidence, and made me feel more positive about managing my new role both at work and at home.*

*I benefited greatly from my sessions with Sandie and was really impressed with how quickly she understood my professional role and was able to provide very relevant advice and support. I would recommend coaching sessions to anyone who is going through a similar change in their life. I will miss our sessions!"* **Manager - Dixon Wilson Chartered Accountants, London**

## How does the maternity coaching programme work?

The programme will start long before you take maternity leave, so we can discover what's most important to you and provide the right support at the right times during the process.

Individual, confidential sessions are planned at times that work for you, held over the phone so you can combine them with your new responsibilities as a mother.



## How does the maternity coaching programme work?

**The first two sessions are all about you. Our approach is completely bespoke to your personal and professional needs.**

These may include:

- Creating a handover schedule and 'keep in touch' plan to prepare for your maternity leave.
- Helping you consider childcare arrangements for your return.
- Supporting you through the emotional transition of becoming a mother.

**Three months after your baby's arrival, we will look at your new routine together and explore your new identity as a mother, helping you build a support network as you begin to focus on your return to work.**

Specifically, we may explore:

- How you will successfully integrate parenting with work.
- What, if any, adjustments might need to be made to your current role (including flexible working requests).
- Guiding you through the timescale of your return to work with practical advice and emotional support – ensuring you can carve out some well-deserved time for yourself.

**The final two sessions will focus on your career development and goals following your return to work.**

They could include:

- Underlining the unique value you bring to the firm you work for.
- Helping you realise your career potential alongside your new life as a mother.
- Designing a sustainable long-term career and life plan.

Your coach is available throughout your maternity leave to ask questions in-between sessions, as part of a confidential space away from the well-intentioned noise of friends, family, well-wishers, and colleagues.

The entire maternity coaching programme is focused around building confidence and emotional resilience. As a new mother facing a completely new set of responsibilities, you shouldn't feel guilty for wanting or needing this kind of support.

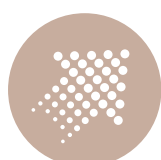
**In fact, we know that those new mothers who take it up return to work feeling more engaged and ready to focus on their personal and professional goals.**



*"Sandie supported me in the transition from working to maternity leave, gave me advice and support. I found her support and guidance to be invaluable. I really found she helped me to think clearly when I was conflicted in decision making and she really listened to me and gave me the space to talk things through and be honest about how I was feeling.*

*The most useful thing I will take away from this process is how beneficial speaking to a coach can be when you are in a vulnerable situation like pregnancy and that it is ok to have support to guide you through your sometimes troubling thoughts and important decisions. I would highly recommend Beyond EAP Sandie really took the time to understand me and she gave me her honest professional advice when I needed it the most."* Anon - BDB Pitmans LLP

If you would like to know more about Sandie's experience as a maternity coach and the people she has helped, you can visit her website: [www.beyondeap.co.uk](http://www.beyondeap.co.uk).



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