

Coaching: return from maternity & parental leave

Employees / Couples

- Group or individual program (or as a couple)
- 1 day (8 hours, for individual program possibility of 2x4hr)
- In person

Prerequisites

This program is designed for employees before coming back to work after maternity or parental leave.

Intended audience

Working parents of small children and babies.

In case of disability, please contact us to further personalize the program.

> *« This was a beautiful step in my return to work. A very moving workshop where I felt supported and which helped me to stop feeling guilty and find serenity in the new organization in place. »* - **Maëlle, 1 enfant**

> *« I had experienced returning from maternity leave before. However, I made a lot of progress thanks to the reflections of others in my group and the coach's insights and questions. »* - **Natalia, 3 enfants**

Pedagogical objectives

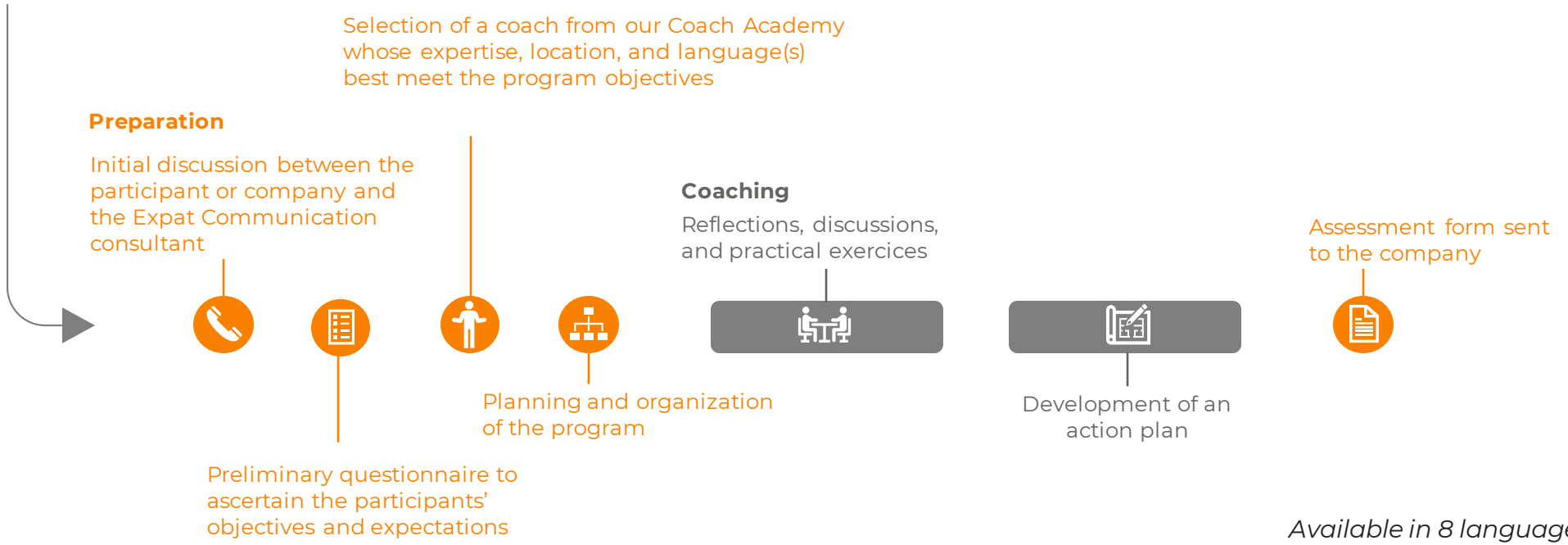
1. **Identify priorities** in terms of rhythm, family and professional organization
2. **Make the most of this new professional "experience"** and reintegrate your company with a different outlook
3. **Find solutions and/or acquire the tools** to reconnect with colleagues, managers, and HR in order to be operational more quickly

Tools and ways of working

Work alternates between discussion, personal introspection, pedagogical tools, films, and practical advice, referring to the expectations and needs of the participants and their particular concerns.

- Discussion on each person's vision of maternity and paternity and professional responsibilities
- Practical exercises over the course of the program are used to evaluate the achievement of objectives.
- Building next steps: idea and solution research, building personal goals and roadmap

Program flow



Available in 8 languages

Our expert coaches

The Expat Communication Coach Academy selects, trains, certifies, and supervises coach-experts. They participate in on-going training specific to the Coach Academy and work as a team for client programs. Our coaches guarantee the quality of our trainings and programs.

Club Expat Premium

Each training or program gives access to the Club Expat Premium: over 300 articles, videos, and exclusive workshops on expatriation, an international directory of expats, and access to advice from our coach-experts.

Expertise

20 years of expertise in international mobility gained through the experience of our coaches and staff, through our Expat Lab guides, and through the Expat Communication Barometer surveys.

Expat community

Interaction, discussion, and synergies within a community of more than 30,000 expats in the Expat Communication network.

Key figures

99%	40	2 253	870
Expatriates who benefited from our programs in 2022 recommend them	Expert coaches representing 8 nationalities in 20 countries	Hours of training completed in 2022	Talents who benefited from a program at Expat Communication in 2022

Expat Communication carries out a skills assessment at the beginning and end of the program. The participant also takes a self-evaluation.

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Address of the program: 6, rue d'Uzès 75002 Paris (Metro: Grands Boulevards, lines 8 or 9) or online
Cost: please contact us
Sign up: Beatrice Jullien - beatrice.jullien@expatcommunication.com - T: +33 (0) 1 42 36 69 56

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