



## Thrive after maternity leave – plan a confident return to work

This five-week coaching programme takes you through everything you need to think about to plan a confident return to work: from how to manage your emotions, maintain your confidence, juggle work and family life, maintain your sense of self and create your return to work plan. **So you won't just survive after your return to work, you will thrive.**"

*Open to mothers on maternity leave or shared parental leave*

Get to know the coaches [here!](#)

**for all London based GPs,  
and GP trainees in  
London or KSS**

Dates **Multiple start dates  
from Jan 4 2022**

Course Fee **£35 for Trainees and  
£45 for Qualified GPs**

Delivery **Online**

### Testimonials

*"Excellent course, Frances you have been fantastic, thanks so much, highly recommend this course, I feel calm, prepared and organised as I approach maternity leave so I can make the most of my birth and new baby and then go back to work feeling ready and excited about the new challenges ahead."*

*"Fantastic course. So helpful even for someone on their third maternity leave. Really got me thinking about subjects that had not been on my radar before."*

**Register Now**  
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For more info contact: [katarina.durisova@nhs.net](mailto:katarina.durisova@nhs.net) and  
keep up to date with us on our [live page](#)

