



## 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*

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

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

**\*\*Please ensure you sign up using email that you check regularly!\*\***

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

Course Fee **£35 for Trainees (code: trainee)  
£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**  
[Click Here](#)

For more info contact: [mandekh.hussein@nhs.net](mailto:mandekh.hussein@nhs.net) and  
keep up to date with us on our [live page](#)



## Supported Return to Practice: Simulated Surgery

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

*This is a supportive and interactive learning opportunity to enable you to feel confident returning to clinical practice.*

*Including:*

- *Remote consultation practice with role players for common GP presentations, facilitated in small groups*
- *time for discussion and question and answer with experienced GPs and personal top tips for return after maternity leave*
- *signposting to clinical resources*
- *opportunity for peer networking and support*

*\*\*Please ensure you sign up using email that you check regularly!\*\**

Dates **March 23 2022**

Course Fee **Free**

Delivery **Zoom**

### Testimonials

*"I have been off for 14 months due to sickness and mat leave and was feeling terrified about going back to work in a new Covid world. This course has not only relieved that anxiety but has made me look forward to my return and completing training."*

*"I really liked the small groups with facilitators as it allowed me to feel comfortable. I found the scenarios very realistic and reflect what I will face as a GP. I also liked having people of different experience levels in the group as it allowed learning from peers."*

**REGISTER NOW**  
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