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!

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

<table>
<thead>
<tr>
<th>Dates</th>
<th>Multiple start dates from Jan 4 2022</th>
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<tbody>
<tr>
<td>Course Fee</td>
<td>£35 for Trainees (code: trainee)</td>
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<td></td>
<td>£45 for Qualified GPs</td>
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<tr>
<td>Delivery</td>
<td>Online</td>
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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 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
Click Here

For more info contact: mandekh hussein@nhs.net and keep up to date with us on our live page