

Parental Transition: A Mother's Guide to Workplace Harmony

In this 3-hour interactive workshop, new mothers returning to work will gain practical strategies for navigating the transition back to the workplace. Participants will explore ways to manage emotions, set boundaries, balance work and family, and build resilience. Through discussions, reflections, and hands-on activities, mothers will leave with actionable tools to thrive in both their professional and parental roles.

Learning Objectives

- Navigate emotional challenges and manage stress during the transition back to work.
- Set and communicate effective boundaries with colleagues and supervisors.
- Balance work and family responsibilities while maintaining wellbeing.
- Build resilience and develop strategies for long-term success as a working mother.

Content Outline

Navigating Emotions and Setting Boundaries

- Recognise emotions and manage stress, anxiety, and "mum guilt."
- Learn to channel guilt into motivation and personal growth.
- Explore effective communication techniques with colleagues and supervisors.
- Set realistic expectations and boundaries for work and home life.
- *Activity: Reflection on personal support systems and boundary-setting strategies*

Balancing Work and Family Responsibilities

- Identify signs of burnout and strategies to seek support.
- Learn practical time management, task prioritisation, and goal-setting techniques.
- Explore coping mechanisms and resilience-building strategies to manage stressors.
- *Activity: Create a personalised work-family balance plan.*

Maintaining Wellbeing and Long-term Success

- Connect with other working mothers to share experiences and insights.
- Develop a sustainable self-care plan to support ongoing wellbeing.
- Access organisational and external resources to leverage continued support.
- *Activity: Create a personal action plan.*