



Why should you care about your talents going back from maternity leave? Female talents are key parts of your organization's success and future.

Even in the most supportive professional environments, unconscious bias can make pregnant women and new mums feel like their career trajectory is at risk.

At Agilem, we are specialised in

## Coaching for New Businessmums

Today, women are having children later in their careers and have more responsibilities on their plates when they start a family.

Going back to work after maternity leave is a challenge in a woman's life:

- They face identity-related questions: how is she perceived at work now that she became a mum. Is she still credible? Will she be taken seriously?
- She may feel guilty, empty or confused due to the sudden transition: from being all day with her baby to being without him/her
- Her brain needs adjustments, from months spent in a sometimes-chaotic environment to a structured world
- She may need to rebuild confidence
- She may struggle in silence, not showing she need help.

The more organisations support the New Businessmum along her career development, the more committed and productive is she when she comes back.

### Coaching objectives

- Juggling with priorities and time management,
- Avoiding the common mistakes other professional women made that left them feeling unfulfilled at work, guilty at home and stressed out,
- Finding a new balance,
- Finding confidence, she will manage it all,
- Distinguishing which risk factors are under their control and influence them,
- Preventing burnout and other stress damages,
- Clarifying what they want for themselves, their career, and their family.

