









INDICATIVE JOURNEY BLUEPRINT I MATERNITY COMEBACK PROGRAM

A 3-month learning journey to enable the process of re-integration for women

 PROGRAM LAUNCH	MONTH 1	MONTH 2	MONTH 3
Webinars (Subject Matter expert led sessions)	<i>Managing MOM guilt by building and tapping into Emotional Resilience</i>	<i>Nutrition and Wellness for women I The Mantra for healthy 30's</i>	<i>Navigating parenthood, I Expert talk on managing transitions as a parent</i>
Workshops - Learning in action)	<i>Tip-toeing the see-saw I Balancing priorities and setting boundaries</i>	<i>LeanIn I To the power of your network and support system</i>	<i>Physical Vitality practices I Harnessing the power of breath, movement and rest</i>
Coaching Sessions (1-1 and Group)	Individual Coaching I	Group Coaching I	Group Coaching II
Action based nuggets (Learning to action)	<p><i>Work as an individual and group on common challenges, and priorities, with a clear way forward approach</i></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">   </div> <div style="text-align: center;">   </div> <div style="text-align: center;">   </div> </div> <p><i>Curated check-lists, journals, and self-reflective tools, that garner commitment to translating learnings to action</i></p>		
Learning Content	<p>Podcasts, video content and reading references shared once every week to drive on-the go learning</p>		

 **PROGRAM WRAP-UP**

This journey brings in three key focus areas - Mind, Body and Connect to enable a seamless transition for women to mothers to working mothers.