

Maternity Workshops Online



Fully funded for GPs in practices in Wessex LMCs area

A lunchtime series of webinars to be held on:

- Thursday 12th January 1-2pm
- Thursday 19th January 1-2pm
- Thursday 26th January 1-2pm
- Wednesday 1st February 1-2:15pm
- Thursday 2nd February 1-2pm
- Thursday 9th February 1-2pm

Want to feel confident about your return to work after maternity leave?

This online course 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. And because we are working parents, and have been through maternity leave, we know how hard it is to find the time to do even the simplest of tasks. The bite size lessons and downloadable worksheets are designed to make it easy to complete around even the busiest work and family life.

Previous Delegate Feedback

"Content was easily digestible and manageable. I found huge value from the weekly calls and peer support as well as from the course leader."

"Very inclusive and relaxed"

Find out more and book online at...

www.wessexlmcs.com/events/14272

