



LAYTON
LIFE COACHING

Reflect | Plan | Achieve

Maternity Coaching Programme

A supportive programme for mothers and parents taking maternity leave.

Programme Content

- 1 x 1:1 intro to coaching session prior to going on maternity leave
- 2 x 1:1 coaching during maternity leave/KIT day
- 1 x 1:1 coaching 3-6 months after return to work
- Coaching Programme Course Book

Free Workshop: The Wellness Balance: Work, Family & You. Includes

- Avoiding burnout
- Dealing with parent guilt & negative thoughts
- Setting your boundaries
- Controlling stress & overwhelm

