



# Mindful Return

Planning a peaceful, empowered, and radiant return from maternity leave.



## Mindful Return Maternity Leave Course E-course + Peer Mentoring Community

A wonderful way to help ease your transition to work after maternity leave

Mindful Return's Maternity Leave Course is an e-course and online community that sets professional women up for success and provides tools to confidently navigate life as a new working mother.

Each session is cohort-based, allowing moms to connect in a safe space. The e-course is designed for women to go at their own pace, so that they can participate from anywhere at any time of day (including late night nursing sessions).

*"I can't speak highly enough about how impactful this course was for me. I finished the course feeling more confident, calm, and - surprisingly - excited about going back to work. I highly recommend."*

- Erin, mom to baby girl

During the 4-weeks of the program, Lori Mihalich-Levin and her team guide a cohort of expecting and new working mamas through the following topics:

- **A Mindful Mindset:** A mind shift that helps you feel calmer and more empowered to return to work;
- **Tackling Logistics:** Brainstorming exercises to help you find practical solutions to all those worrisome logistics;
- **Leadership:** The path to turning maternity leave into a leadership opportunity at work;
- **Community:** An unbelievably supportive, private community of other moms with a career mindset.

A new course session begins every other month. A private Facebook community also follows the course, so that working moms can continue to network with each other after the course ends.

This course is your lifeline to working-mom-ninja strategies and to other new mamas who've got your back.

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**www.MindfulReturn.com**

## Frequently Asked Questions:

### **When should I take this course? When I'm pregnant? On maternity leave? Back at work?**

The mamas who have taken the course say the best time to take it is when you are out on leave. That said, anytime is a great time to dive in. The course helps pregnant women prepare, and it helps mamas who are already back at work to survive the chaos. When in doubt, sign up for the earliest session you think makes sense, and you may always take a later session at no additional cost to you or your employer.

### **Is there a particular time of day I need to log in to the course? And can I participate from a mobile device?**

Any time of day is a good time to log in, read the lessons, and see what other mamas are writing. And yes, the private and secure online platform used for the course (Ruzuku) is accessible via mobile devices. Whether you log in during your metro commute at the beginning of the day, while your newborn is napping, or while you're feeding your little one in a rocking chair at 3 a.m., chances are, another mama will be following along with you, posting comments at the same time!

### **How much time should I plan to spend per day on the course?**

Once the course starts, our recommendation is that you spend about 15-30 minutes a day reviewing the course material and answering the

prompts. You can easily spend more time reading your fellow mamas' responses and responding to their comments, but 20 minutes will ground you in the material. That said, this course is for you – to do at your own pace and work as you are able.

**Read more FAQs at:**

[www.mindfulreturn.com/e-course](http://www.mindfulreturn.com/e-course)

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