ROBIN DAVIES

SUPPORTING NEW PARENTS AT WORK



Overview

Becoming a parent is a time of massive change. Returning to work can be particularly challenging for new parents; in addition to leaving their baby and a change in home routines, re-entering the workplace after time out can be daunting. How organisations support returning parents can have a big impact how long they will stay and whether they thrive.

The Supporting New Parents at Work programme leverages my expertise in gender diversity, my learnings from coaching countless new parents, and my personal experience. It is brought to life in a supportive environment where attendees can share and learn from each other. It runs over 4 months, and is fully online so is accessible across the motu.

Topics covered

Expectations of myself - being realistic about what I can achieve, managing my time with additional priorities, reviewing the allocation of chores at home, and leveraging my strengths and new skills

Transitioning back to work - having a plan for the first few months, setting and sharing boundaries, making flexible working work for me and the organisation, and getting myself back up to speed

Managing the practicalities - coordinating childcare arrangements, planning for sickness (and lots of it), meal planning, leveraging my support network, and understanding the leave I have available

Looking after my wellbeing - dealing with tiredness and guilt, coping with feelings of overwhelm, finding a manageable exercise routine, and looking after my nutrition

Plus any other areas the attendees would like to cover given time available.

Please contact Robin Davies if you're keen to discuss running the Supporting New Parents at Work programme in your workplace

027 210 6985 robin@robindavies.co.nz

ROBIN DAVIES

The programme

Four x 2-hour online group mentoring sessions

One x 1-hour online individual coaching session

A workshop with the leaders of the returning parents

A conversation with the new parent and their leader together

Maximum of 8 attendees so the sessions can be interactive and made relevant

Is inclusive of diverse parents and all family types, including dads!

Attendees will receive

- International best practice suggestions and tips
- The opportunity to share and learn from others
- One-on-one time with an experienced coach of new parents
- A softcopy workbook with all material including links to further resources
- Leaders will receive an overview of the key challenges facing new parents, a flavour of the conversations being had, and practical tools to support them such as conversation guides



About me

Hi, I'm Robin Davies

I am a leading HR professional, executive coach and thought leader on creating healthy inclusive workplaces

My corporate career has spanned three decades across commercial, finance and HR Director roles. I have first-hand experience in building inclusive cultures and have won several awards for my DEI work

I am an accredited Workplace Inclusion Professional in NZ and an Associate Certified Coach with the International Coaching Federation

I can also support your new parents in other ways, such as one-on-one coaching sessions which can cover some of the material from the programme. If you would like to discuss these options, please contact me.