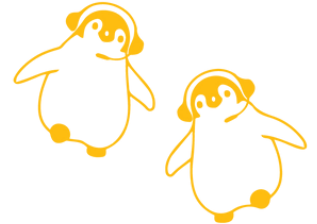


The experience for expectant parents

Expectant parents, and their partners can start their journey with Parent Coaching or Parental Leave Pathways.

Parent Coaching

Virtual one-on-one sessions with an expert parent coach for help with work-life management, parent questions and concerns, and high-touch emotional support at any parenting stage. Includes a postpartum anxiety and depression screening for all parents. *Confidential and unlimited.*



Prepare for Leave

BEFORE

- Take charge of your leave by creating a leave plan that inspires confidence and empowers colleagues
- Build a strong foundation to support your transitions at work and home
- Learn what to expect in the early days of parenthood

On Leave

DURING

- Process your new parent experience with a postpartum professional
- Develop your parenting style with judgement free support
- Evaluate how changes roles, routines, and responsibilities will impact your return to work

Return-to-Work

AFTER

- Foster a successful, sustainable return to work with support every step of the way
- Explore professional priorities and growth opportunities as roles shift
- Maintain support networks that will be with you for the next stages of parenthood

Parental Leave Pathways

Build and design a personalized birth, parental leave, and recovery plan alongside our expert parent coach and postpartum doula.



- Identify and mitigate obstacles before and during leave
- Establish communication parameters and boundaries
- Outline coaching and support touchpoints throughout leave
- Clearly outline your birth and leave plan, including support people/pillars, back-up plans, and your wants/wishes/needs

Initial 20-minute Consultation

Additional 50-minute Coaching Session