

Take charge of your parental leave.

Life is full of opportunities and challenges.

Identify what these are in your life and learn how to leverage or *mitigate* them to take charge of your parental leave.



Step 1

Use the following framework to take stock of factors that will impact your transition to parenthood and working parenthood. Need an example to get the ball rolling? View page 3.

Your Situation	Self Reflection	Coping Strategies	Support System
What elements of your current work and home situation will impact your parental leave and transition to parenthood?	In times of transition, what elements of you and your personality will be instrumental during this time?	When you have faced stressful situations, what coping strategies do you find helpful? What habits do you have that are less helpful?	Consider the people in you and your child's life. Who will you turn to for support? Who is less helpful?

Step 2

Highlight the attributes that you believe will be an asset to you.

Step 3

Circle the attributes that you believe will create challenges for you.

Step 4

Send a picture of this to your coach to discuss at your next session.

Take charge of your parental leave.

Your Situation	Self Reflection	Coping Strategies	Support System
What elements of your current work and home situation will impact your parental leave and transition to parenthood?	In times of transition, what elements of you and your personality will be instrumental during this time?	When you have faced stressful situations, what coping strategies do you find helpful? What habits do you have that are less helpful?	Consider the people in you and your child’s life. Who will you turn to for support? Who is less helpful?

Take charge of your parental leave.

Your Situation	Self Reflection	Coping Strategies	Support System
What elements of your current work and home situation will impact your parental leave and transition to parenthood?	In times of transition, what elements of you and your personality will be instrumental during this time?	When you have faced stressful situations, what coping strategies do you find helpful? What habits do you have that are less helpful?	Consider the people in you and your child's life. Who will you turn to for support? Who is less helpful?
My job is very stressful and demanding	I am excited about becoming a parent	I recognize when I am overwhelmed and let others know I need help	My best friend has a 1 year old but she lives across the country
I have an understanding manager	I am a hands on learner	I am a planner and always have a Plan B (and usually C) in mind	My partner has lots of siblings and is going to be a great parent
Everyone at work is supportive of my leave	I have never held a baby and it makes me nervous	I do yoga or take long walks to clear my mind	My SIL has a very different parenting style
My parents live with us because my dad has Parkinsons	Change stresses me out	I get snappy and short when people don't honor my plans	I've hired a doula and a lactation consultant
I feel financially secure	I often feel overwhelmed	I need my sleep to make coping strategies work	We have a house cleaner and a dog walker who are gems
I am physically healthy	I grew up in a family with working parents as examples		I don't know any other parents in the area
I have had depression in the past and am worried about a recurrence			