

# RETURN TO WORK COACHING

Coaching can provide a structured and supportive framework for individuals to navigate the transition back into the workplace and their teams following a period of time off. This could be returning from maternity or paternity leave, long term absence, sabbaticals or secondments. Whatever the reason, individuals may experience; a loss of confidence; a shift in priorities or a change in the working environment which can make this return to work feel daunting.

We enable people to be at their very best when coming back from leave, alleviating any anxiety, empowering individuals to deal with the changes they are having, helping individuals to reset and recognise their strengths and development needs.

