



# 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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