

How a Maven Career Coach can help you return to work

When your parental leave is ending, it can be hard to shift from infant-care mode back into work mode. You may worry about balancing your home life with your to-do list at work keeping you away from home and your little one. It can feel overwhelming—but Maven Career Coaches are here to help. Learn from Maven Career Coach Sara Daly-Padron how Maven can help as you transition into being a working parent.

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The 3 phases of return to work

Phase 1: Readjusting

The first step is a touch base with your boss before you return to work. You can go over when you're expected back, and any accommodations you might need. When you actually go back, that first month is all about understanding your priorities, both at home and at work. Be honest about how you're feeling and voice any needs you have, like time to pump at work or flexibility for daycare drop-off times.

Phase 2: Increasing your visibility

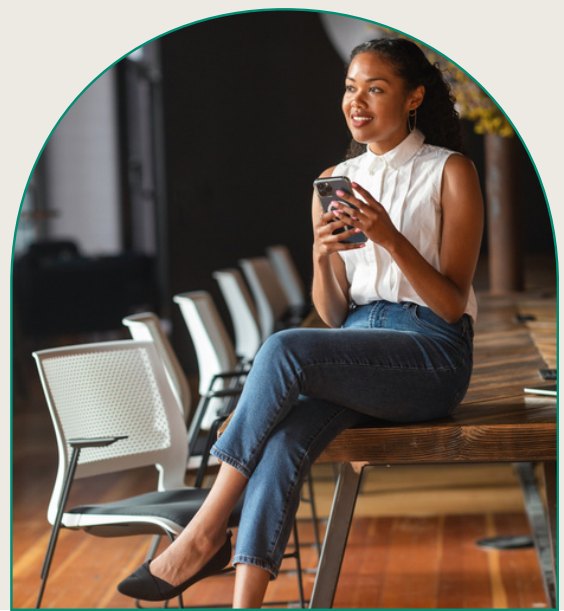
The second phase is about making sure people know you're back. This might mean taking on a new assignment, speaking up more in meetings, or reaching out to key stakeholders. In the same breath, don't try to do it all right away. This is a big transition so give yourself some grace. This is also a time to set up healthy habits—eating properly, staying hydrated, etc. The goal is to establish patterns that make your work-life balance sustainable in the long-term.

Phase 3: Growing through feedback

In the third month, ask for feedback on how your transition is going. “Guess what? You may or may not be at your best in your first few weeks back,” says Daly-Padron. That's okay! It's best to wait until you get back into the groove and then start to focus on feedback and growth going forward.

Maven Career Coach Sara Daly-Padron's top tips for returning to work

- Keep a file of accomplishments and praise so you can easily go back and reference it.
- Have grace for yourself—this is a difficult transition for many.
- Make sure you're on the same page with your manager by checking in and asking about how to prioritize.
- Recognize that some days will be better than others for reasons both in and out of your control.
- Returning to work as a new parent can feel isolating. Use the coaches and mental health support you have with Maven to help you through the transition—you don't have to go at it alone.
- Find someone else in your organization who has recently returned to work and ask them for advice navigating this next phase.





Returning to work is a big shift

It's important to have support as you transition back to work, because you often have to make new habits and do things differently. "Sometimes you just need another person to share what you're thinking and help turn those thoughts into an action plan," Daly-Padron explains. **Give yourself grace and let yourself feel your feelings.** As you prepare to return to work, your emotions may range from excitement to guilt to dread—and back again!

If you're struggling with returning to work—you're not alone. You can get free expert support from Maven with:

- Navigating tough career conversations during return to work
- Pumping as a working parent
- Managing stress and anxiety during this transition



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