



## Parental Leave Wellness for Employers and Parents

Expert coaching and support to better  
manage the work/home balance



# So you're having a baby...

## Congratulations!

It's exciting news but it can also be overwhelming and worrying. It's a time of significant change and there are practical, emotional and physical demands to deal with, now and in the future.

The tension and anxiety that many people at work experience when facing parental leave is a real challenge.

-  How do I deal with my stress and all that I'm already juggling?
-  How can I best navigate my career options?
-  How am I going to find a manageable work/life balance?
-  What are my options for birthing and parenting the way I want to?

We care about your personal and professional wellbeing. With our support you have a skilled coach and educator by your side from pregnancy to parenting.

## So your employee is going on parental leave?

Birthready is a cost effective way for employers to retain experienced staff, increase staff satisfaction and promote a healthy work/life balance now and on return to work.

"The time I shared with my personal coach throughout my pregnancy shifted me from feeling fearful and into a confidence I didn't know I had! Each session gave me fresh perspectives and tools to deal with my issues at hand. The emotional support was invaluable, and transferred to my partner being better support also. I was able to communicate what I needed to my boss when extra care for my health was necessary. In the end taking care of myself meant that I was more switched on at work and was able to give my best until leave started.

"Now a few weeks into motherhood I am so proud of myself. I look forward to the coming coaching sessions when we discuss my return to work options with my new self awareness and guts that I can do anything I set my mind to!"

Tanya

## Birthready clients say...

*"I bounced back to feeling good so quickly!"*

*"My partner and I felt so ready for birth and parenting with the planning and preparing we did."*



*"I feel more in control and empowered in my decision-making."*





*“I feel resourced  
and ready to manage the  
day-to-day demands in  
my life.”*



*“I’m less  
anxious now  
and my self-  
confidence is  
boosted.”*

Working together we help meet the personal and professional needs of both employees and employers, for a positive parental leave process.

For advice and program information email [info@birthready.com.au](mailto:info@birthready.com.au) or call 0407 685 933

Birthready helps empower and enable people to create their best transition into life as a parent.

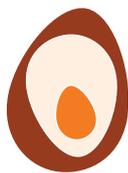
Become a first choice employer, support your staff during these life changing times:

- support health and well-being during pregnancy,
- enhance their transition back into the workforce.

To discuss your options, call Erika Munton on 0407 685 933 or [info@birthready.com.au](mailto:info@birthready.com.au)

Erika Munton, founder and birth consultant, doula, life coach and NLP master practitioner. She has supported women and their families over 15 years and 300 births.



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[www.birthready.com.au](http://www.birthready.com.au)