

Return2Work

Tools & strategies for a healthy and productive transition

9-week training program

WHAT is Return2Work?

Return2Work is a 9-week program designed to support professional parents in managing a smooth transition as they plan to return to work (or have recently returned), equip them with a toolbox of strategies and practices to balance both family and work demands, and provide personalized coaching to help build a plan that promotes wellbeing.

WHY participate?

Are you a new parent? Or perhaps a seasoned one planning to return to work after parental leave?

If so, we understand the challenges and fears that come with this stage. It is a transitional period that may seem daunting as you learn to manage a new reality on both fronts and a demanding schedule.

You may be wondering if you can perform optimally at home and work, or if you can balance your roles as a parent and professional seeking family balance and career growth.

And, of course, the ever-present doubts make you wonder if returning to work will mean missing out on your children's milestones. Guilt? We have been there.

Having firsthand experience with these common fears and doubts, and our expertise in productivity and health, we have designed Return2Work to assist professional parents -like you- in managing their transition back to the workforce after parental leave.

Throughout 9 weeks of learning, creating a community and working on your plan and goals, you will be able to juggle work and family life with more ease, control and confidence.

WHAT to expect?

Week 1	Identify Distractions (internal and external) and build a system to achieve Focus. 60-minute online training.	Individual Coaching Session. Dates to be scheduled between coach & client. 45-minute video call.	Week 2
Week 3	Mind Management, Thoughts, Emotions, Stress and Actions. 60-minute online training.	Individual Coaching Session. Dates to be scheduled between coach & client. 45-minute video call.	Week 4
Week 5	Time Management Non-Negotiables, Priorities, Boundaries and Routines. 60-minute online training.	Individual Coaching Session. Dates to be scheduled between coach & client. 45-minute video call.	Week 6
Week 7	Sleep, strategies to optimize the quality of rest and energy management. 60-minute online training.	Individual Coaching Session. Dates to be scheduled between coach & client. 45-minute video call.	Week 8
Week 9	Group Closing Session. Reflect on your progress, share wins, celebrate achievements, and set goals. 60-minute online session.		

WHAT will you gain?

An efficient yet flexible personalized routine:

You will create a routine that balances the demands of personal and professional life, optimizing productivity and well-being.

The ability to prioritize and streamline tasks:

You will learn to identify and categorize priorities and efficiently manage time by eliminating activities that tax you, add stress, and create emotional load.

A resilience toolbox:

You will acquire science-based practices, tools and proven strategies for managing personal and professional responsibilities, and will learn how to use them.

A supportive and trusted network:

You will belong to a supportive community and connect with other professional parents who are navigating similar waters.

A stronger, yet calmed mind:

You will master mind management tools to effectively address common fears associated with returning to work and build sustainable confidence.

The capacity to adapt to change quicker:

You will be able to actively explore the acquired tools and techniques, ensuring customization to individual needs and building the ability to adjust to change.

[Register here](#)
[Fall Cohort](#)

www.theflipsideplan.com

WHEN does it start?

Fall Cohort
Oct 8 to Dec 3, 2024

Group sessions are on alternate Tuesdays, 12-1 PM.

Oct 8 - #1
Oct 22 - #2
Nov 5 - #3
Nov 19 - #4
Dec 3 - Closing

HOW many participants?

Each cohort has capacity for 10 participants. Enrollment will be on a first-come basis.

WHAT is the cost?

CAD \$ 1,080 (plus HST) per participant, payable in one installment upon registration.

[Register here for the Fall Cohort Oct 8 to Dec 3, 2024](#)



HOW it works?

The program is structured as follows:

4 online Group Training Sessions (60 min. each)

- 1 Focus and Distractions**
Explore strategies to increase your focus and understand the source of your distractions to gain control over your attention. Cultivate laser-sharp focus amidst the “chaos” of a new dynamic.
- 2 Mind Management**
Learn skills to manage your mind and understand how to navigate the complex landscape of emotions, thoughts, and actions. Acquire techniques that foster engagement and efficiently control stress to avoid burnout.
- 3 Time Mastery**
Build a trusted system that works for you to strike optimal balance in your calendar. As responsibilities multiply and time seems to run short, these tools and practices will allow you to shape (and reshape) your routine as needed.
- 4 Sleep Optimization**
Optimize sleep and understand why it is the most important aspect of well-being. Learn science-based practices that will help you improve sleep quality, even when faced with the challenges of young families.

4 online Private Coaching Sessions (45 min. each)

Scheduled on alternate weeks to the training sessions. Personalized attention and guidance. Set goals and create a realistic plan of action.

1 Closing Interactive Group Session (60 minutes)

Supporting Material and Resources

Access a wealth of supporting materials and resources to enhance your learning and reinforce key concepts to continue your growth between sessions and after completion of the program.

WHO is the FlipSide?

The FlipSide Plan is a global provider of corporate productivity and wellness programs with a detailed and innovative approach to employee well-being.

The FlipSide’s delivery is science-based, easy to use, and practical, focusing on helping build sustainable change. In each of its programs the result is a healthy, motivated, and productive workforce.

WHO are we?



Maria Virginia Anzola
LL.M, INHC
mv@theflipsideplan.com
+1 416 271-3945



Rosana Fernandez
MSc, INHC
rosana@theflipsideplan.com
+1 905 334-7113

Above all, we are mothers, professionals and wellness experts who have been where you are today. We want to help you thrive using what we learned from experience, research, clients and expertise as corporate health and wellness specialists.

www.theflipsideplan.com