

*Parent  
coaching  
support for everyone*



# Getting ready...

At Wishfish we help get you ready for your next adventure into parenthood and support your transition from work to home and back to work with practical help, advice and tips.

You've been to the various appointments that accompany having a child; you've decorated the bedroom; you've done a handover to the person who will be taking over your work and you are now ready.

Wow - the next step is a big one!

That is where Wishfish comes in. We work with you prior to going on leave and we are a friendly voice and connection, outside of work and your family and friends.

We help you with your transition into parenthood and talk through your thoughts and feelings as you leave what you knew, and support you in your new life and your return to work.

Are you ready? Let's get started!

*Love Debbie.xx*





"We all need  
someone to  
talk to and  
to feel heard"

# Navigating returning to work

Being parents ourselves and having gone through the rollercoaster of emotions about leaving work and getting ready to welcome a new life into our lives – we understand the enormity of your situation. It's a new adventure and way of life but it can also feel daunting... especially returning to work after being on maternity/paternity leave.

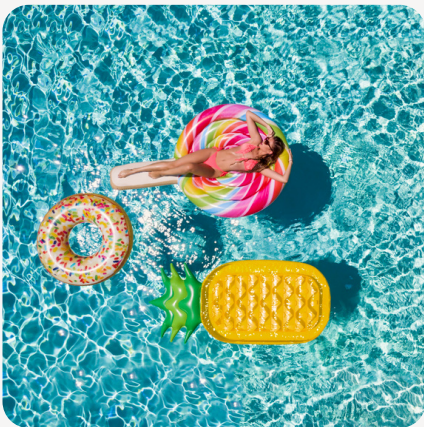
You've been away and want to get back up to speed quickly with the world of work again and are not quite sure what to expect.

You've had the opportunity to be with your child for a while and now the fact that your life is changing again means you have to get your brain back into work-mode.

We help you navigate through your thinking around guilt for 'leaving' your child; how do you maintain your career; what will it be like going back into work – the list is endless.

We work with you to help you plan what that return to work looks like for you. We ensure you are equipped with what is necessary for you to 'hit the ground running', whilst maintaining a healthy life/work balance.





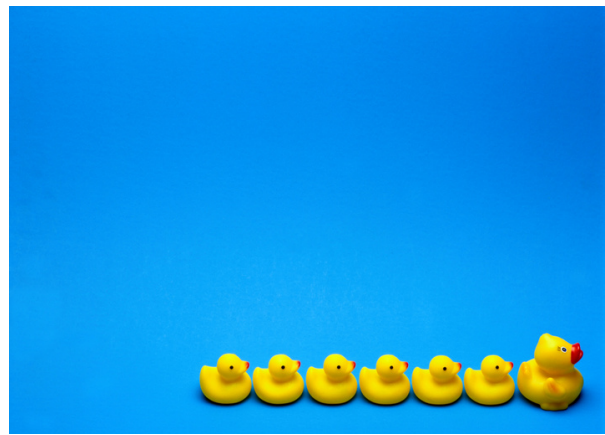
Parenting moments 🌟

# Planning for peace of mind

You might feel nervous or anxious about leaving your new born - so we work with you on YOUR plan to ensure that you are as ready as you can be.

You might be going back into a new role in your place of work - so we work with you on what this looks like for you and create a way of working that fits with you and your boss/team expectations, needs and wants.

You might be going back to work part-time instead of full-time - so we work with you on how to make the most of your time to ensure you're still able to achieve your goals, aims and objectives.





"The role  
we play as  
parents  
inspires  
future  
generations  
of parents  
too"

# How we work with you

In our experience, it's important to know that a Wishfish coach is at the end of the phone or a Zoom call away as you get ready, work through, and return back to work.

During this time we work with you for between 6-12 sessions at a time to suit you - be it 7.00 in the morning or 8 o'clock at night!

We understand what it's like to be parents and be able to make the most out of the time you have to yourself.

We also completely understand that these sessions have to be fluid as we get the unpredictability of life in general.

So, we very much work with you to ensure that you get the right support that you need for you at the right time whatever your circumstances.





# Sessions

- Session #1-2 before you leave work
- Session #3-5 during maternity/paternity leave
- Session #6-8 preparing to return to work
- Session #9-10 back at work
- Session #11-12 ongoing support

We recommend up to 12 sessions but these can be tailored according to you and your organisation's needs and requirements.



# More Information

For more information please contact Debbie, Laura and Gail on 07496 328 745 / 07896 998 136.

Email: [info@wishfish.org.uk](mailto:info@wishfish.org.uk)

Visit: [www.wishfish.org.uk](http://www.wishfish.org.uk)

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