Are you considering motherhood and can’t work out how it’ll combine with work?

Are you struggling with the push and pull between motherhood and personal ambition?

Is the experience of motherhood and work in tension and causing you stress?

Would you like to work through this experience with other women in the same boat and work out a framework to support you?

The Women and Work 12wk ‘Working Motherhood’ Experiential Group Coaching course supports professional women to articulate and define their experience and how they would like working life to be.

There is no silver bullet.

However, this confidential safe group of 8-10 women will work supportively and reflectively with the emotional experience of combining motherhood and work, to help define individual boundaries and a framework through which each participant can navigate this experience.

We will meet for one hour every week for 12wks, at the home of the working woman, The Allbright, 11 Rathbone Place, W1.

Start dates and times - tba

Email: sjaassociateslondon@gmail.com for more details and participant costs.