

As a new parent, NOW is the time to reflect and take a positive step forward in your professional and personal goals. Phoebe offers a thoughtfully curated and interactive 8-week long experience designed for impact.

8 group sessions over 8 weeks

- 1 Deconstructing emotions
- 2 Setting boundaries
- 3 Values & priorities
- 4 Standards & guilt
- 5 Identity in the workplace
- 6 Parenting & partnership
- 7 Goal setting
- 8 Motivational state



**Plus 2
private
coaching
sessions**

This coaching is right for you if:

- You want to be pro-active and empowered in how you integrate your work life and your personal life.
- You are worried about or struggling with being successful at work as a parent.
- You want a smoother transition back to work and a better balance between your work life and home life.
- It feels like your personal identity has shifted—or even like you've lost a piece of your former self.
- You are doing more than the lion's share of the work at home.
- You want to proactively plan and architect your return to work.

How it works

1

Sign-up by letting your HR representative know you want life & work integration coaching with Phoebe

2

Take the baseline assessment and get matched with a start date, a coach, and a group of 6-8 peers

3

Over 8 weeks, attend 1x weekly, one-hour group sessions, scheduled at convenient times for working parents

4

Receive two, 45-minute private coaching sessions for personalized support

"The topics were so personal and so important. It completely exceeded any expectations I had."

"I had to seriously address why I always feel so much shame in regards to being a 'good mom' vs a 'bad mom'. This was healing."

"It has changed how my partner and I engage - and for the better."