

Maternity Coaching Course Feedback

2021 London LMC maternity coaching courses

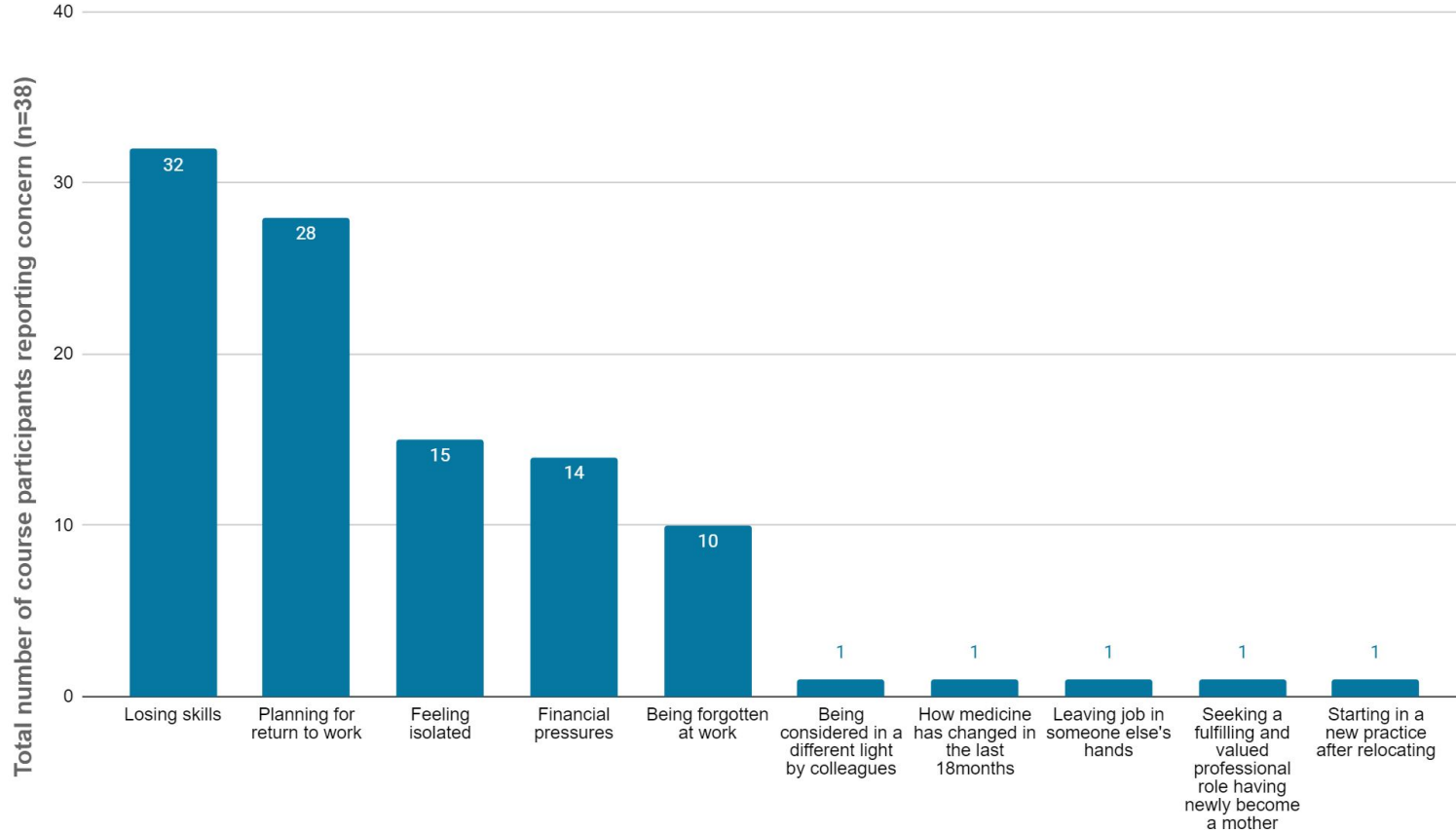
Overview

- 4 courses were run in 2021
- 49 GPs completed the course 'Thrive after maternity leave - plan a confident return to work'
- Course participants were asked to complete a pre and post course questionnaire to track the impact the course has on key metrics.
- The post course questionnaire also allowed participants to provide qualitative feedback about the course.

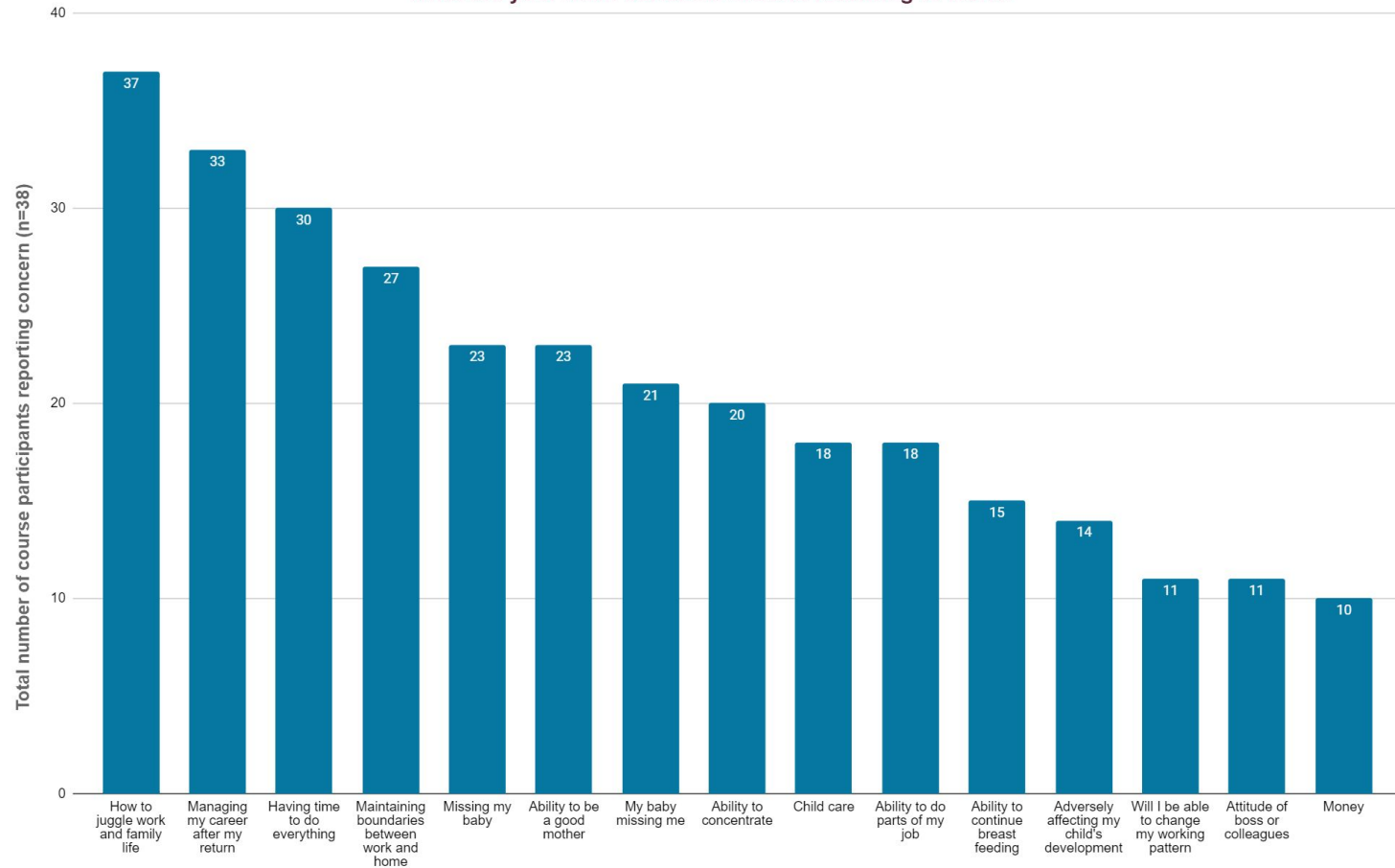
The main concerns

- Participants were asked about their main concerns around being on maternity leave as well as around returning to work.
- They were given a list of options to select all that mattered, with space to add their own if needed.
- The main concern for GPs around being on maternity leave when thinking about their return to work was “Losing skills”.
- The main concern for GPs on maternity leave when thinking about their return to work was “How to juggle work and family life”.

What are your main concerns about being on maternity leave?



What are your main concerns around returning to work?



Impact of the course

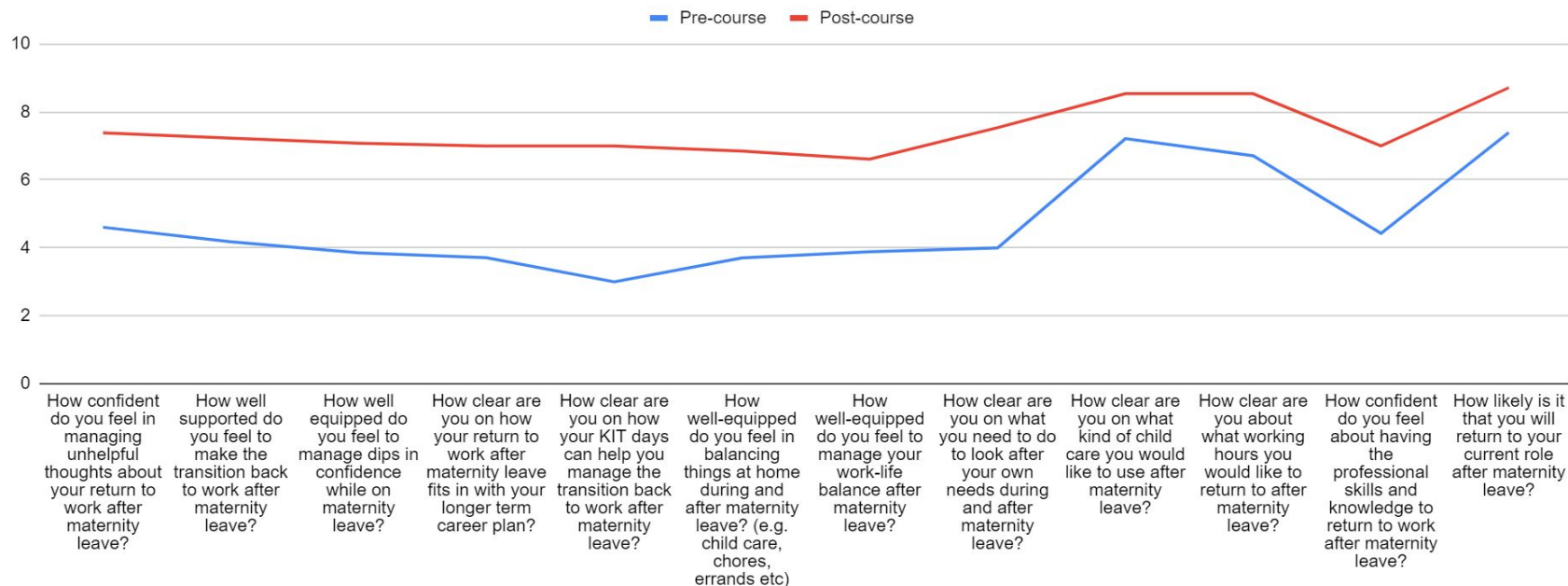
- The pre and post course questionnaire asked participants to rate statements on a scale of 1-10.
- The average scores for each statements can then be compared before and after the course to see the impact the course has had.
- The course had a positive effect on the average score for all key metrics.

Statements participants respond to before and after course

- How confident do you feel in managing unhelpful thoughts about your return to work after maternity leave?
- How well supported do you feel to make the transition back to work after maternity leave?
- How well equipped do you feel to manage dips in confidence while on maternity leave?
- How clear are you on how your return to work after maternity leave fits in with your longer term career plan?
- How clear are you in how your KIT days can help you manage the transition back to work after maternity leave?
- How well-equipped do you feel in balancing things at home during and after maternity leave? (e.g. child care, chores, errands etc)
- How well-equipped do you feel to manage your work-life balance after maternity leave?
- How clear are you on what you need to do to look after your own needs during and after maternity leave?
- How clear are you on what kind of child care you would like to use after maternity leave?
- How clear are you about what working hours you would like to return to after maternity leave?
- How confident do you feel about having the professional skills and knowledge to return to work after maternity leave?

How has the course impacted GPs?

The course increased the average score for all key metrics from pre- to post-course



Individual feedback

Feedback

“Very thought provoking and helpful. Nice to speak with others in the same boat as you. Frances facilitates the group really well and is always friendly, upbeat and never judgemental. The course has been fantastic.”

“Thank you for a very insightful course. Lovely to meet other like minded GP mums. Learnt alot about changes during this maternity transition period. Can definitely see myself using helpful tips collected over the course. Thank you once again.”

“Really great course, nice to meet other mothers / mothers-to-be. Good to have modules spread out and have one hour each week, made it manageable and gave time to reflect. Great to have lifetime access to these resources. Thank you so much.”

Feedback

“A really enjoyable course, with a broad range of valuable topics. Was very helpful to reflect more deeply on things that I probably knew to some extent, but hadn't spent the time thinking about.”

“Frances is absolutely lovely and kind. The other doctors on the course were so kind and respectful.”

“Was a really useful course, gave me confidence in my return to work plan as well as ideas on how to prepare for it.”

Feedback

“I had actually already returned to work when I completed this course. Despite this I still found the whole course - content, modules/topics and discussions - very useful - especially the modules on the home contract and the timeline for careers. It was useful to go through all the modules; it was the first time as a mother of three (other than with my friends!) that I’ve had the opportunity to focus and reflect on the changes in identity and confidence that having a baby can have on a woman. It was helpful to hear this on a professional/LMC approved course with physiological/psychological explanations to know these feelings are normal and that everyone has similar feelings.”

Feedback

“I also really liked the peer group element and hearing other people’s stories and situations. I hope that my contributions helped other members of the team too. I think the group could perhaps be a bit smaller as I’m not sure given the time that it allowed everyone to speak? But I appreciate that this was probably a highly subscribed course.”

“Thank you for creating a safe space to share thoughts on managing the return to work. I felt able to talk openly and found it helpful hearing and sharing with others.”

“Thank you. Made me think of somethings I'd never really thought of and give me some perspective too.”

Feedback

“The whole course confirmed how common the day to day stresses of motherhood, family life and juggling career etc are and has given me tools to try and improve things for my family. Overall the course made me feel that I’m doing a pretty good job, which I never normally feel, so that’s been so helpful! It would have been really useful to have done this course during my first maternity leave - I’ve learnt through trial and error and found what works for me, but having the tools early on would have made the last 6 years of motherhood much easier! Thank you Frances and to a group of lovely mums! I would highly recommend the course.”

“Useful as a time for reflection regarding work and motherhood.”

Feedback

“Frances Cushway is excellent in her leadership and facilitation of meetings. I found the weekly zoom meetings very useful as it was helpful to connect with others who are GPs / GP registrars and to hear about their experiences. The course was very useful but I think if I had known about this course earlier on during maternity leave it would have been even more helpful..e.g around 4-6 months post partum.”

“Very useful to talk to others going through a similar time in their lives. It was much better spread over 5 weeks than all in 1 day.”

“Very helpful course. Feel much more prepared for returning to work.”

Feedback

“I thoroughly enjoyed the course. Can't thank Frances enough, I began the course almost feeling like I wouldn't be able to return to work at all, but have left feeling much more confident and in fact looking forward to the transition!”

“I really enjoyed this course, particularly the long term career planning, which i found invaluable. It really made me think about where I want to find myself in the years to come and how i'm going to get there. I'm excited to set myself up and start this journey now. It's also given me more confidence about returning to work by thinking about a structured way to stay up to date and accessing articles/courses prior to my return.”