



# Returning to Work After Parental Leave? We're Here to Help.

## New One-on-One Coaching Now Available Through ARC Fertility

Preparing for parental leave and returning to work are major transitions. ARC Fertility now offers personalized coaching to help you navigate this time with confidence and a plan.

### What's Included:

As part of your ARC benefits, you'll receive four private coaching sessions with a certified maternity or paternity coach. These one-on-one sessions are:

- **60 minutes each**
- **Confidential and flexible**
- **Customized to your situation and goals**

You can use them before your leave, during your time away or as you return—whenever they'll help most.

### How Coaching Helps

Topics commonly covered include:

- **Getting organized** before your leave.
- **Creating** a step-by-step return-to-work plan.
- **Managing** new responsibilities at home and work.
- **Rebuilding confidence** and professional focus.
- **Clarifying goals** for your next phase.

The goal is to help you feel prepared, supported and focused, so you can make a successful transition back to work.

### Getting Started

1. Confirm your eligibility through ARC.
2. Book your intro call with a certified coach.
3. Schedule your coaching sessions around your needs.
4. Use coaching tools and exercises to stay on track.

### About the Coaches

All coaches are certified professionals with specialized training in parental leave and career transition. They bring both structure and flexibility to each session, helping you move forward with clarity and confidence.



Questions or Ready to Enroll? Contact ARC Fertility today.  
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