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**MERGING PARENTHOOD AND WORK**

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### ABOUT US

At Merging Parenthood And Work (MPAW), we understand the unique challenges and aspirations of working mothers. Our journey began with a personal experience that sparked a vision to create a supportive platform for career-driven mothers, especially those from ethnic minority backgrounds, who strive to excel in both their professional and personal lives.

#### **Our Story:**

MPAW was born from the realization that many working mothers face a lack of support and understanding in balancing their careers and family responsibilities. Our founder's personal journey, navigating pregnancy complications, returning to work, and facing workplace challenges, ignited the mission to bridge the gap and provide comprehensive solutions for working mothers.

#### **Our Values:**

1. **Empowerment:** We empower working mothers by providing them with the tools, resources, and guidance they need to thrive in their careers and personal lives.
2. **Inclusivity:** We celebrate diversity and inclusivity, ensuring that our services cater to the unique needs and backgrounds of all working mothers, regardless of ethnicity or background.
3. **Support:** We offer a supportive community where working mothers can connect, share experiences, and gain valuable insights from industry experts and peers.
4. **Professionalism:** Our services are delivered with professionalism, integrity, and a commitment to excellence, ensuring that every interaction with MPAW is valuable and meaningful.

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### ABOUT US

#### **Our Mission:**

At MPAW, our mission is to empower working mothers to achieve career success, maintain work-life balance, and navigate the complexities of parenthood with confidence and clarity. We strive to be a trusted partner and resource for working mothers, offering practical solutions, expert guidance, and a supportive community.

#### **Why Choose MPAW:**

- **Comprehensive Solutions:** Our range of products and services, including Working Mum Planners, Career Events, Masterclasses, and more, are designed to address the diverse needs of working mothers.
- **Expertise:** We collaborate with industry experts, career coaches, and professionals to deliver valuable insights, strategies, and resources tailored to working mothers' career journeys.
- **Community Support:** Join our inclusive community of working mothers, where you can connect, network, and share experiences with like-minded individuals who understand the challenges and joys of balancing work and family.
- **Impactful Results:** Experience tangible results and positive transformations in your career and personal life through our proven strategies, tools, and support network.

At Merging Parenthood And Work (MPAW), we believe that every working mother deserves the opportunity to thrive professionally and personally. Join us on this empowering journey of merging parenthood and work seamlessly.

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### COACHING SERVICES

#### **For Corporates:**

Empower your organization with Merging Parenthood And Work's (MPAW) specialized coaching services tailored to support working mothers within the workplace. Our corporate coaching programs are designed to foster a culture of inclusivity, empowerment, and support for working mothers, leading to enhanced productivity, retention, and employee satisfaction.

**1. Corporate Coaching for Inclusive Workplaces:** At MPAW, we collaborate with organizations to develop customized coaching programs focused on creating inclusive work environments for working mothers. Our experienced coaches provide guidance on implementing policies, practices, and initiatives that support work-life balance, career progression, and employee well-being.

**2. Leadership Development for Working Mothers:** Our leadership development coaching empowers working mothers to thrive in leadership roles, navigate challenges, and leverage their unique strengths. Through personalized coaching sessions, leadership workshops, and skills development programs, we help working mothers unlock their full potential and excel as leaders in their organizations.

**3. Diversity, Equity, and Inclusion (DEI) Training:** MPAW offers DEI training programs specifically tailored to address the needs of working mothers from diverse backgrounds. Our workshops and seminars promote understanding, awareness, and advocacy for diversity, equity, and inclusion in the workplace, fostering a more inclusive and supportive environment for all employees.

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### COACHING SERVICES

#### **For Individuals:**

Experience personalized coaching and support tailored to your unique journey as a working mother with Merging Parenthood And Work (MPAW). Our individual coaching services are designed to empower you with the tools, strategies, and guidance needed to thrive in your career, manage work-life balance, and navigate the challenges of parenthood with confidence.

**1. Career Coaching for Working Mothers:** Unlock your career potential with our career coaching services. Whether you're returning from maternity leave, seeking career advancement opportunities, or navigating work-related challenges, our experienced coaches provide personalized guidance, career planning strategies, and professional development support to help you achieve your career goals.

**2. Work-Life Balance Coaching:** Achieve harmony between your professional and personal life with our work-life balance coaching. Our coaches work with you to identify priorities, set boundaries, manage time effectively, and develop sustainable strategies for maintaining balance and well-being in all aspects of your life.

**3. Personal Development and Self-Care Coaching:** Invest in your personal growth and well-being with our personal development and self-care coaching. We provide tools, techniques, and resources to enhance your self-awareness, resilience, and self-care practices, empowering you to prioritize your health, happiness, and fulfillment while juggling the demands of work and family.

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### COACHING SERVICES

#### **Why Choose MPAW Coaching Services:**

- **Experienced Coaches:** Our team of certified coaches brings extensive experience and expertise in coaching working mothers to achieve success and fulfillment in their careers and personal lives.
- **Personalized Approach:** We tailor our coaching services to meet your individual needs, goals, and aspirations, ensuring a customized and impactful coaching experience.
- **Practical Strategies:** Benefit from actionable strategies, tools, and resources that you can apply immediately to enhance your professional growth, well-being, and work-life balance.
- **Supportive Community:** Join a supportive community of like-minded working mothers, where you can connect, share experiences, and gain inspiration and support on your journey.

Transform your career, well-being, and life as a working mother with Merging Parenthood And Work's (MPAW) empowering coaching services.



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### PRODUCTS

**1. Merging Parenthood And Work Book:** Discover the ultimate guide for working mothers navigating the delicate balance between career success and family life. Our book offers invaluable insights, practical tips, and strategies to help you manage maternity leave, return to work with confidence, advance your career, and achieve work-life balance.

#### Why Choose Our Book:

- **Expert Guidance:** Benefit from expert advice and guidance from experienced professionals and working mothers who understand the challenges and opportunities of merging parenthood and work.
- **Practical Tips:** Access practical tips, tools, and exercises to help you navigate maternity leave, set career goals, manage time effectively, and prioritize self-care.
- **Inspirational Stories:** Gain inspiration from real-life stories and experiences of working mothers who have successfully managed the transition from maternity leave to a fulfilling career.
- **Empowerment and Support:** Feel empowered and supported with actionable strategies, self-reflection prompts, and resources designed to enhance your confidence, resilience, and well-being as a working mother.



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### PRODUCTS

**2. Working Mum Planners:** Organize and manage your professional and personal responsibilities with ease using our comprehensive working mum planners. Designed specifically for working mothers, our planners are your essential tool for staying organized, focused, and productive while balancing work, family, and self-care.

#### Key Features of Our Planners:

- **Monthly and Weekly Layouts:** Plan and schedule your tasks, appointments, and priorities with monthly and weekly layouts that offer ample space for notes, to-do lists, and goal setting.
- **Goal Tracking:** Set and track your career and personal goals, milestones, and achievements to stay motivated and on track towards success.
- **Self-Care Reminders:** Incorporate self-care activities, wellness routines, and mindfulness practices into your daily schedule with our self-care prompts and reminders.
- **Inspirational Quotes:** Stay inspired and motivated with uplifting quotes and affirmations that celebrate the resilience, strength, and beauty of working mothers.



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### PODCAST

#### Upcoming Podcast - "The Thriving Mumcast"

Stay tuned for our forthcoming podcast series, "The Thriving Mumcast," where we bring you inspiring interviews, stories, and discussions aimed at empowering and supporting working mothers on their journey. Join us as we explore topics related to career advancement, work-life balance, self-care, motherhood, and more, featuring insights from experts, thought leaders, and fellow working mothers.

#### Why Listen to "The Thriving Mumcast":

- **Inspiring Stories:** Hear inspiring stories and experiences from working mothers who have successfully navigated the challenges and joys of merging parenthood and work.
- **Expert Advice:** Gain valuable insights, tips, and strategies from experts, coaches, and professionals on topics related to career growth, personal development, and well-being.
- **Community and Connection:** Connect with a supportive community of like-minded working mothers, share experiences, and gain support, encouragement, and inspiration.
- **Practical Tools and Resources:** Access practical tools, resources, and actionable strategies to enhance your skills, confidence, and success as a working mother.