Mindful Return

Planning a peaceful, empowered, and radiant return from paternity leave.

# Mindful Return Working Dad Course

## E-course + Peer Mentoring Community

*A wonderful way to help ease your transition to working fatherhood*

Mindful Return's Working Dad Course is an e-course and online community that sets new working dads up for success as both a parent and a professional.

Each session is cohort-based, allowing new fathers to connect in a safe space. The e-course is designed for participants to go at their own pace and participate from anywhere, at any given time of day (or nighttime feeding...).

*"Even though I had returned to work before taking the course, I found it valuable to reflect on what I had done well and I what I could have done differently, as well as what guidance I would offer colleagues. I was also exposed to paternity policies at other employers, which has led me to initiate discussion at my office about updating our (parental leave) policies."*

***– Josh Ellis, dad of two***

During the 4-weeks of the program, working dad Jeremy Smith and the Mindful Return team guide a cohort of expecting and new working dads through the following topics:

- **Planning Parental Leave:** Strategies for tactically planning your leave and demonstrating leadership;
- **A Mindful Mindset:** A mind shift that helps you feel calmer and more empowered to return to work;
- **Tackling Logistics:** Brainstorming exercises to help you find practical solutions to all those worrisome logistics;
- **Leadership:** The path to turning working parenthood into a leadership opportunity at work;
- **Community:** A supportive community of dads from all over, who are going through this transition the same time you are.

A new course session begins every other month. A private Facebook community also follows the course, so that working dads can continue to network with each other after the course ends.

This course is your lifeline to working-dad-ninja strategies and to other new dads who've got your back.

**Go to https://www.mindfulreturn.com/employee-registration to register.**

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**www.MindfulReturn.com**

## Frequently Asked Questions:

### When should I take this course? Before paternity leave? On leave? Back at work?

The dads who have taken the course say the best time to take it is after your baby has arrived. That said, anytime is a great time to dive in. When in doubt, sign up for the earliest session you think makes sense, and you may always take a later session at no additional cost to you or your employer.

### How much time should I plan to spend per day on the course?

Once the course starts, our recommendation is that you spend about 15-30 minutes a day reviewing the course material and answering the prompts. You can easily spend more time reading your fellow dads' responses and responding to their comments, but about 20 minutes will ground you in the material. This course is for you – to do at your own pace, and work as you are able.

### Is there a particular time of day I need to log in to the course? And can I participate from a mobile device?

Any time of day is a good time to log in, read the lessons, and see what other dads are writing. And yes, the private and secure online platform (Ruzuku) is accessible via mobile devices.

### What will I get out of this course?

This course goes far beyond the nuts and bolts of taking paternity leave. It provides specific tactics for setting up and returning from leave, so that you can ensure your career continues on an upward path, helping to provide for your growing family. It also digs into optimizing your leave, adjusting to fatherhood, providing real support for your partner, and using your leave as an opportunity to improve leadership and advance your career.

**Read more FAQs at:**
**www.mindfulreturn.com/paternityleavecourse**

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