

Surrey and Sussex LMCs and Gloucestershire LMC

are delighted to offer this series of FREE Virtual workshops to support your successful transition from Maternity and Parental leave to the workplace over an 18-24-month period

You are invited to a series of **FREE** workshops

Maternity and Parental Leave Workshop for GPs

WORKSHOP 1 (FULL DAY) - VIRTUAL

Wednesday 10th December 2025

(09:30 - 16:30)

This workshop is for clinicians who are preparing to go on parental leave with a particular focus on those going on Maternity leave .

Morning Session (9:30– 12:00)

- Maternity leave and pay information
- Financial advice
- Wellbeing and perinatal mental health
- Appraisal and revalidation
- Maternity leave checklist
- Case discussions
- Employment and Contractual advice and guidance
- Flexible working advice and guidance

Afternoon Session (13:30 – 16:30)

Group coaching session

For clinicians preparing to go on Parental Leave with a particular focus on those going on Maternity leave with Angela Qureshi who is an organisational psychologist, coach, and leadership trainer, Solstice People Development Limited.

WORKSHOP 2 (FULL DAY) - VIRTUAL

Wednesday 3rd December 2025

(09:30 – 16:30)

This workshop is for Clinicians on parental leave or have recently returned to work

Morning Session (09:30 – 12:00) -

- Job planning
- Regaining confidence
- Support return to work
- Managing workload balance and self-care
- Appraisal and revalidation
- Employment and Contractual advice and guidance
- Flexible working advice and guidance
- Return to work checklist

Afternoon Session (13:30 – 16:30) –

Group coaching session

For clinicians who are planning their return to work or have just returned to work. This will be a group session with Angela Qureshi who is an organisational psychologist, coach, and leadership trainer, Solstice People Development Limited

[CLICK HERE TO BOOK](#)

Please contact Dr Karthiga Gengatharan if you have any questions

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