

Parental Transition Coaching

Perform at your highest level, both at home and at work!

About Talking Talent

Talking Talent is a pioneer in working parent coaching. We have extensive, unparalleled experience designing and facilitating programs that address the unique challenges of employees with families – from planning a family to balancing career advancement and raising children.

Our inclusive, all-parent approach serves every parent: adoptive parents, foster parents, surrogates, LGBTQ+ parents, co-parents, parents of children with disabilities, dual career families, solo parents, kinship care, and more.

This is an exciting (yet sometimes exhausting) time in your life. Coaching can be a powerful and effective tool for helping you overcome challenges, find solutions and develop resilience skills that will last a lifetime.

We are ready to support you in developing and executing a comprehensive plan for performing at your maximum potential – both at home and at work.

Proactive Support

- Discover how to navigate the transitional phases and unique opportunities that come with being a new working parent
- Get targeted tips for prioritizing wellbeing, developing habits for sustainable performance, and planning for career progression
- Gain the confidence to manage work-life integration positively and proactively
- Successfully off-board for parental leave and properly prepare for a seamless return back to work
- Establish behaviors that support your dual identities as parent and professional
- Leave each session with an action plan to move forward with your goals



Sessions are virtual



Coaching is confidential



Online scheduling to find a time that works for YOU!



“Some of the valuable aspects of this training was **learning more about yourself and what you can do to make changes** in your life, work, and family without trying to do too much.”

Start seeing new possibilities today! To get started, email contact@talking-talent.com