

Confidence. Career Acceleration. Work/Life Balance.

Case study: Alana Barry



Alana was confident in returning to work after her maternity leave. Shortly after her return, she was promoted, attributing her success and her ability to have Work/Life Balance to The Women's Vault's 'The Return to Work with Confidence' program and Olivia's coaching.

Challenge:

Alana was unsure how to prepare for her return to work and was concerned with the physical, mental and emotional challenge of returning to work and balancing this with her life at home.

Action Taken:

- Step 1: Alana enrolled in 'The Return to Work with Confidence' program
- Step 2: Upon completion of the program, Alana wanted more specific support about creating boundaries and sought Olivia's advice on next steps
- Step 3: Alana completed a one-on-one coaching session on 'Boundary Setting'.

Results:

Alana's renewed sense of confidence has enabled her to take a promotion. She now takes Olivia's Masterclasses to continue to accelerate her career and enhance her work/life balance.

Testimonial:

"I did Olivia's return to work course it really set me up for success.

"The course is a combination of practical tips alongside help with building confidence and resilience and after doing it I felt well prepared for returning to work. Plus I became part of a community of likeminded women which has been great.

"I thoroughly recommend the program, I have experienced many benefits, in myself, both as a mum but also as a professional.

"Three months after returning to work I was given a promotion, and the mindset Olivia helped me create through her course and coaching was a huge contributing factor."

Would you like to feel confident, boost your career and gain work/life balance just like Alana?

**Contact Olivia at The Women's Vault to arrange a confidential chat:
oliviabath@thewomensvault.com**

The Women's Vault