



Maternity Matters | Return to Work

Printed on 4 May 2024

by

```
<style>
/* Course Entry Route */
.row.courseRoute{
  margin-left:0;
  margin-right:0;
  padding-bottom:1em;
  margin-bottom:1em;
  border-bottom: 1px solid rgb(51, 51, 51);
}
.courseRoute div.caption{
  display: block;
  font-size: 0.75em;
  font-weight: 400;
}
.courseRoute .courseTitle,
.courseRoute .courseLength,
.courseRoute .courseType,
.courseRoute .courseDeadline{
  font-weight: bold;
  padding:6px 0;
}
.courseRoute .courseTitle{
  color: #2993d0;
}
.courseRoute .courseApply{
  padding-top:7px;
  padding-left:0;
  padding-right:0;
}
/*ACCORDIONS / COLLAPSE
*****/

.panel-group .panel {
  border-radius: 0;
}

.panel-group .panel+.panel {
  margin-top: 10px;
}

.panel-default {
  border-color: #e7e7e7;
  border-radius: 0;
}

.panel-default .panel-heading {
  padding: 0;
  background: transparent;
  border-radius: 0;
}

.panel-default .panel-title > a {
  display: block;
  padding: 28px 30px 28px 20px;
  font-size: 18px;
  color: #2993d0;
  text-decoration: none;
}

.panel-default .panel-title > a .prefix{
  display:none;
}

.panel-default .panel-title > a .fa {
  float: right;
}
```



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```
.accordionStandard .panel-default .panel-title > a{
  position: relative;
}
.accordionStandard .panel-default .panel-title > a .fa.fa-caret-right {
  float: none;
  display: block;
  position: absolute;
  right: 20px;
  top: 40%;
  top: calc(50% - 10px);
}

.panel-default .panel-title > a:not(.collapsed) .fa:before {
  content: "\f0d7";
}

.panel-body {
  background: #eee;
  padding: 20px;
}

.panel-open-all {
  border-top: 1px solid #e7e7e7;
  margin: 20px 0;
  padding: 20px 20px 0;
  font-size: 18px;
}

.panel-open-all .fa {
  margin-left: 5px;
}

.panel-group > .panel-open-all > a.closeAll > i.closeAll:before {
  content: "\f0d7";
}

.banner .accordion_box .panel-group .panel .panel-heading .panel-title a span.flagExternal{
  background-image: url('https://www.ucd.ie/t4cms/ucdmaincore_new_window_icon.png');
  background-repeat: no-repeat;
  background-position: center center;
  display: inline-block;
  width: 14px;
  height: 14px;
}

/
/*BUTTONS
*****/

.btn {
  border-radius: 0;
}
.btn-spacer{
  height: 34px;
}

.btn.default {
  color: #0a4873;
  background: #eee;
  border: 0;
}

.btn.blue {
  background: #2993d0;
  color: #fff;
}
.btn.blue:hover {
```



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```
background: #45a1de;
}
.btn.darkblue {
background: #0a4873;
color: #fff;
}
.btn.darkblue:hover {
background: #5f839e;
}
.btn.yellow {
background: #f0c650;
color: #0a4873;
}
.btn.yellow:hover {
background: #f8ce58;
}

main#single-column-content {
background-color: white;
}

.image.video img {
display: block;
margin: 0;
}

img {
max-width: 100%;
height: auto;
}

img {
vertical-align: middle;
}

img {
border: 0;
}

img[Attributes Style] {
width: 100%;
}

</style>
```

<!--<h1 class="pageTitle">General Information</h1>-->

<h3>General Information</h3>

<p>Maternity Matters - Return to Work</p>

<p>This session gives you practical tools and tactics to make a confident return to work following your maternity/adoptive leave.</p>

<p>Topics covered include:</p>

Check-in – what’s working well, what’s challenging?
Values and priorities
Setting boundaries between work and home
Managing guilt
Self-care

<p>This is a very interactive workshop that gives you the chance to connect with other Mums who are returning to work in UCD. To get the most from the session, we recommend dialling in from somewhere quiet so that you can talk openly. </p>

<p>Places are limited so please book in to ensure your place. If you are no longer able to attend after registering, please do advise . Zoom details will be shared closer to the event.</p>



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About the Provider

Our mission at Platform55 is to create workplaces where parents can have fulfilling family lives and careers, without having to choose one over the other. We support individuals at all stages of their journey whatever path to parenthood they have taken. From those hoping to start a family, to new parents, and those with older children – our aim is to make juggling work and family life easier and less stressful. We also know the important role that line managers play too, which is why we have dedicated sessions for Managers. You can follow us on LinkedIn [here](https://www.linkedin.com/company/platform55/?viewAsMember=true) or visit www.platform55.com

General Details:

######

Start Date:

11 May 2022

Start Time:

10:00

Duration(Hours):

3.00

Location

Online Zoom

Contact Name:

edi@ucd.ie

Contact Number:

IMG

src=W_HU_REPORTING.P_WEB_IMAGE?p_parameters=3BD002D2D66839190F9CAE7FD8324C383FE26E1C2559674A0A56E085F6B1E6C0A93833D7274714593BD7A63D9D5E0132EA735388CEAE41C01D05539A8C39C3EC WIDTH=100%></div>

</div><!--/text-->

Please note that you must be logged into to avail of the Book Now function.

panel-heading" role="tab" id="heading99">

h4 class="panel-title"></h4>

</div>

id="collapse99" class="panel-collapse collapse" role="tabpanel" aria-labelledby="heading99">

class="panel-body">

p></p>

</div>

</div>

</div><!--/panel-->

iframe

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src="https://www.google.com/maps/embed/v1/place?key=AlzaSyC54GPiiUtpxQhsRq9fwapW_SVhXsPB01l&q=Online Zoom+,,,"

allowfullscreen>

</iframe>