

THE RETURN

An 8-week return-to-work programme for women after a career break

Eight weeks. Two chapters. One supported return.

HOW THE RETURN WORKS

8 WEEKS

Two connected chapters

Four weeks focused on you and your emotional readiness, followed by four weeks of practical guidance and access to experts.

SMALL COHORTS

A maximum of 10 women

Intentionally kept small to create space for honest conversation, participation and meaningful connection throughout the programme.

ONLINE + IN PERSON

Designed to work around real life

A combination of guided online reflection and live sessions in Dubai, giving you structure without requiring you to be somewhere every day.

BETWEEN-SESSION SUPPORT

A private cohort WhatsApp group

A dedicated space to stay connected, share reflections and continue the conversation between sessions throughout the eight weeks.

CHAPTER ONE · WEEKS 1–4

Your First Month Back to You

WEEK 1

Where Are You Now?

Identity · Reflection · Self-awareness

WEEK 2

Rebuilding Self-Trust

Confidence · Strengths · Self-trust

WEEK 3

Who Are You Becoming?

Perspective · Possibility · Connection

WEEK 4

Your Return Circle

Reflection · Direction · Moving forward

CHAPTER TWO · WEEKS 5–8

Your Month With the Experts

WEEK 5

Your Personal Brand

Personal brand · Visibility · Professional identity

WEEK 6

Speak With Confidence

Communication · Presence · Confidence

WEEK 7

The HR Perspective

HR · Career breaks · Employer perspective

WEEK 8

The Recruitment Perspective

Recruitment · Job search · Positioning

Ready for your RETURN?

The next cohort of THE RETURN begins in January 2027.

Eight weeks. A small cohort of 10 women.

Places are limited to 10 participants per cohort

Investment: AED 899

Let's connect!

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