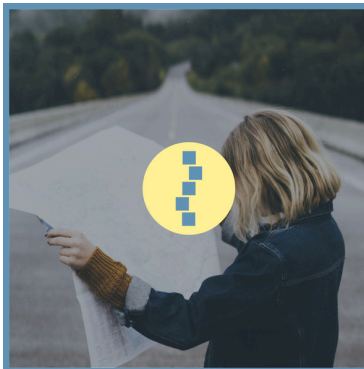




My Journey Back to Work

Show Notes

Series 01 Episode 01

Part One: A Career That We Love....?

Originally published: Wednesday, May 20th 2026 at 10:45am BST

EPISODE SYNOPSIS:

When we care deeply about our working lives, what happens when something comes along to change it?

When does starting a family come to be part of the conversation? And what do we notice about ourselves when it does?

As we take our first steps towards parenthood, the layers of invisible experiences that might be bubbling away inside our heads could shed some light. But first we need a way in.

Can a picture of an everyday family breakfast open up what this path might really be like on the inside?

QUOTES:

- "There was a real tidal wave about the industry and I just got swept along with it..."
- "Working hard and working long hours..."
- "I knew who I was and I was happy with where I was at..."
- "I hadn't even thought about children and families at that point..."
- "It made it very, very clear to both of us, actually we really do want to do this..."

THEMES:

- Building early careers
- When do we start a family?
- How many hidden layers are there to this conversation?

CREDITS:

www.freesound.org is an incredible resource and the majority of SFX and Music tracks can be found there or are the producer's own.

Specific links can be found in the EP01 Credits PDF File: MJBTW-S01-E01-0-V0.credits.pdf

A special shout out to [seth_makes_sounds](#) whose music perfectly captured the different atmospheres across the series. More of their work can also be found on www.freesound.org

WHAT NEXT?

Add your story at www.myjourneybacktowork.com

Share with parents you know who might appreciate finding out more about the project.

Thank you!