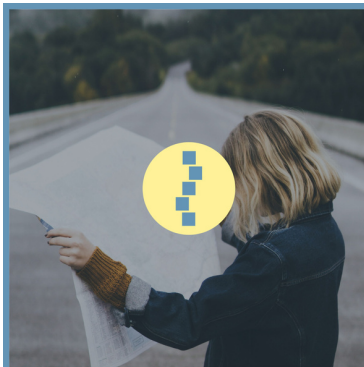




My Journey Back to Work

Show Notes

Series 01 Episode 02

Part Two: Navigating Pregnancy in the Workplace

Originally published: Saturday, May 23rd 2026 at 10:45am BST

EPISODE SYNOPSIS:

Picking up where we left off in episode one - work is in full swing and it's hard to see how life could ever be any different. But is something about to change?

Starting a family is no longer a future possibility. It becomes our current reality.

From working life to birth, how do we navigate the questions we meet along the way?

As we approach making plans for parental leave, what do we expect our future to look like?

And how comfortable are we to speak openly about this at work?

When do we tell our colleagues and employers? What or how much do we say? And what ripple effects might start to move when we do?

QUOTES:

- "I knew I wanted to take a year off. But with that comes, will they remember who I am? What's going to happen in the business while I'm away...?"
- "There are so many expectations we have about being mothers..."
- "It made it very clear to both of us, actually we really do want to do this..."

THEMES:

- Decisions and expectations: future working and family life
- Do we talk about family plans in the workplace?
- Is working life about to change?

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 EP02 Credits PDF File: MJBTW-S01-E02-0-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!