



My Journey Back to Work

Show Notes

Series 01 Episode 03

Part Three: A Parallel Universe

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EPISODE SYNOPSIS:

New parenthood brings the start of a new chapter and we begin to adapt to a different normal. Does parenthood shift our perspective on if, when and how we decide to go back to work after parental leave?

As we start to find our feet in this parallel world, what happens when work re-enters the picture?

Is our outlook the same?

Do the decisions we made before look the same, ...or different now?

QUOTES:

- "In those first few weeks of parenthood, what sticks in your mind?"
- "One of the defining motherhood moments was that"
- "Like it would just, I'd just work exactly the same way as I'd worked before"

THEMES:

- Adapting to new parenthood
- Two worlds side by side
- Perspectives and priorities: how do we re-shape them?

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 EP03 Credits PDF File: MJBTW-S01-E03-0-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!