



My Journey Back to Work

Transcript

Series 01 Episode 00

Trailer

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TRANSCRIPT TEXT:

A Before I had my daughter, work was everything...

B You know, you haven't really got a clue, have you, when you're having a baby, what it actually means... <laugh> erm... to your life and the fact that you're not going to sleep again for a long time...

Presenter: How do parents *really* make the work-life juggle work???

C I did think it would be a case I'd just sort of snap back into it, like, it would just... I'd just work exactly the same way as I'd worked before

An easy question to ask...

MUSIC begins - building, as if walking, running, uplifting, gaining momentum right through to a crescendo at the end

D I knew I wanted to take a year off... erm, but, of course, you know, with that comes, will they remember who I am? What's going to happen in the business er while I'm away?

Not so easy to answer:

B Suddenly to be back in the workplace just felt so... sort of... unreal...

I started to ask the parents around me...

E There was a real tidal wave of excitement about the industry and I just got totally swept along with it, which was lovely...

Even at a rough simplified estimate, hundreds of thousands of parents in the UK return to work after parental leave each year

C It is hugely demanding. Your brain changes, effectively.

... - that's a lot of first days back isn't it?

Parents' voices overlap, a chorus:

E I thought I'd be like my Mum and be back at work kind of 4 weeks post-partum, and...

B I think as a parent you sort of get a new drive, you know, if something isn't working, well let's just change it.

D Maternity cover...

A What does that look like? Does it have to look exactly as it looked before?

D ...work for me as a parent

B ...and it became a real, oh my goodness how are we going to do that?

E There's also that little niggle, is that going to be a problem for me?

D And I thought okay, how is this going to impact my job?

B Can we make it work

C Centuries and centuries of all women...

D ...where you still have to adapt in your work even, you know, 12 years on

C ...many have had babies in the past and survived...

So why is it then that this journey has the potential to feel like it's the first time?

A I'm a Mum and a very happy Mum. But... What do I do? How much can I share? What is the right thing for my family? But also, what's the right thing for me, creatively, and as, as a, just, just as a human?

F We were like, well, yeah, it happens to everyone... <laugh> you know... Don't think you're going to get away with it, because, you know, it's a relentless journey. Like...it's... it's chaotic in the most beautiful way but it is hard and it's relentless...

(in interview) Do you think there is any way to prepare for it? <laugh>

F <laugh> I'd be a millionaire if I knew that...!

C I just want people to talk about it more and more...

...

...

...

F ...If everyone was just a bit more real about it, maybe people would feel a bit more open and supported and, kind of, able to share their experiences a bit more...

E ...didn't really finish it on a high there <laugh>... - we all love our kids! There we go! That's a nice... <laugh>

Welcome to My Journey Back to Work.

B So I think that's all, really. It's been really nice talking to you...

Add your story at myjourneybacktowork.com

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!