



BACK TO WORK; MY PERSONAL STORY AND ADVICE

VIDEO TRANSCRIPT

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Coming back I felt a mixture of excitement nerves and a little bit of guilt.

I was excited to come back to work, if I'm really honest I was probably quite excited just to leave the house, and I think anyone coming back to work have those first day back at school nerves.

I'm really happy with the decision I've made I know it's right for me personally and for my family.

So I would just say, for your family time after work and that we can just try and make sure it's quality device free time, and you're not checking your laptop, so you do make the most of the time you have with the kids outside of work.

Don't expect things to go perfectly smoothly. Children and parents are pretty unpredictable things so I would definitely advise just have a chat with your manager when you come back, make sure you discuss with them and you just have some flexibility in your first few weeks.