

## **New Mettacoool Program Benefits Companies and Working Mothers** *Significantly Impacts Talent Retention & Maternity Leave Planning*

**Denver, CO — (April 20, 2019)** — Mettacoool, corporate coaching services and programs that focus on women’s well-being and professional development, has launched a new 12-month Signature Program that provides holistic coaching for a successful transition to motherhood. Designed as a multi-dimensional coaching and consulting program, Mettacoool’s “*Metta Mama*” program benefits companies and their employees who are about to become new mothers.

The program focuses on combining wellness, professional development and community to help women achieve higher levels of well-being and performance. As new mothers learn skills and techniques to balance work with personal responsibilities, the companies they work for learn how to transform their culture and internal process to better support their female employees during this major transition. The 12-month program provides important touchpoints at critical times in a woman's pregnancy and postpartum journey to transition from work to motherhood and back to work an easier process.

The foundation of the “*Metta Mama*” program is built on the on-going research of matrescence, which studies the many changes a woman goes through during the transition to motherhood. The program also relies on positive psychology, proven coaching methodologies, and work-life integration for its success. The program’s systemic approach requires the active participation of the person going on maternity leave, as well as their management and an organizational representative (such as HR) at specific points.

It begins with an initial Assessment of the mother-to-be; followed by 1:1 Coaching for the employee and the employer covering Preparation, Leave and Return to Work. Next is Community Build Out, which Mettacoool has partnered with Building Brave on a mobile platform providing a private, 24/7, professional development community and mentorship. Lastly, an annual Outcome Review and Re-Assessment examines the program success with valued properties achieved by the new mothers, as well as the organization.

“Research has shown that working mothers feel more stress when trying to balance work with personal responsibilities. It’s even more stressful when they have leadership roles at work,” says Molly Dewey, Co-Founder & CEO, Mettacoool. “More than 75% of expecting mothers say they’re excited to return to work, but 43% end up leaving their jobs. “*Metta Mama*” provides the tools and support to transition smoothly for the women and the companies they work for.”

“*Metta Mama*” helps women and employers find the right integration between work and personal life that is a win-win for everyone. New mothers benefit from a community of support —Mettacoool coaches, company leadership, and other women with similar experiences. They gain confidence in their role as mother and working parent. For the company, they keep valued employees and create a positive cultural shift in the work environment that can significantly improve the maternity leave planning process.

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### **About Mettacoool**

Mettacoool delivers coaching services and programs that combine wellness, professional development and community for working women. They are devoted to creating a systemic corporate change by training and supporting women as champions of well-being in their own lives, especially during major life transitions, that

creates a ripple effect that's far reaching and impactful to both the individual and the organization. Mettacool is a woman-owned business operating in Colorado and North Carolina. For more information visit, [Mettacool.com](http://Mettacool.com) or follow on social [@mettacool](https://www.instagram.com/mettacool).