

Sneyd

## Returning well

A guide for working parents and their managers

---

There are recognised challenges on returning to work after parental leave, ranging from managing guilt and feeling overwhelmed to dealing with missed career opportunities. There are also changes in the way parents return, with increased working from home and more fathers taking parental leave leading to additional demands such as getting up to speed with changes and dealing with stereotypes from others. Despite changes in legislation and an increase in workplace policies, progress in supporting parental returners is still limited. Managers often lack the experience, time or skills to effectively manage those returning from parental leave, whilst parental returners may not recognise how they can best support themselves. This practical, evidence-based guide sees the return to work as a shared responsibility: aimed at professionals who are returning after taking parental leave and managers who are supporting these parental returners. Grounded in psychological research, this book provides examples and practical tools and techniques for new parents to equip themselves for both going on parental leave and returning to the workplace. For managers there is clear guidance and checklists to effectively support these returning parents.

Cover



**15,95 €**

14,91 € (zzgl. MwSt.)

*vorbestellbar, Erscheinungstermin ca.  
Mai 2025*

---

**Artikelnummer:** 9783111618272

**Medium:** Buch

**ISBN:** 978-3-11-161827-2

**Verlag:** De Gruyter

**Erscheinungstermin:** 06.05.2025

**Sprache(n):** Englisch

**Auflage:** 1. Auflage 2025

**Produktform:** Kartoniert

**Seiten:** 125

**Format (B x H):** 155 x 230 mm

