

Natal-Nurture

Helping employees thrive during pregnancy, maternity and return to work



Pregnancy Anxiety & Hypnobirthing Coaching

Personalised sessions support employees and their partners by reducing pregnancy-related stress and anxiety, and building confidence for a calm pregnancy and birth.

Post-natal check-ins provide emotional support, help prevent post-natal depression, and connect employees to further resources.

Together, these sessions promote well-being during and after pregnancy, fostering a supportive, family-friendly workplace culture.



Return to Work Wellbeing Coaching

Personalised return-to-work wellbeing coaching supports employees as they transition back after parental leave, helping them regain confidence and balance.

Sessions address challenges such as post-natal anxiety, separation anxiety, and emotional adjustment, setting new boundaries, and ensuring employees feel supported and empowered.

This proactive approach enhances well-being, enabling employees to thrive both personally and professionally.



Fertility - Hypno Psychotherapy

When plans to get pregnant take longer than hoped it can be an incredibly difficult and isolating with a roller coaster of extreme emotions that all too often are hidden from those around them.

These sessions provide employees with a confidential safe space to express and validate their experience and emotions, normalise their experience and learn techniques to reduce stress, thus increasing chances of conceiving either naturally or by assisted methods.

Promotes Safe Workplace Culture

Encourages openness, trust, and psychological safety, helping employees feel secure and supported during family building journeys.

Enhanced Employee Well-being

Supports staff through life transitions, reduces stress, and promotes mental, emotional, and physical health.

Reducing risk of post natal depression.

Increased Retention & Engagement

Employees feel valued and supported, boosting loyalty, productivity, and motivation.

Business Benefits

Stronger Employer Branding

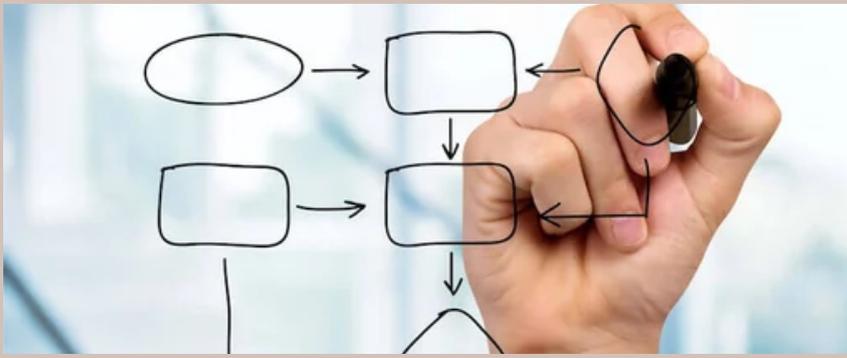
Shows commitment to a caring, inclusive, and family-friendly culture, enhancing reputation in the marketplace.

Demonstrates Corporate Responsibility

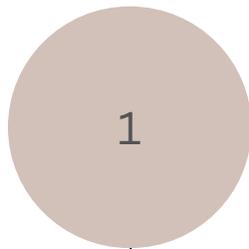
Supports gender equality, mental health initiatives, and employee life balance, strengthening corporate social responsibility credentials.

Cost-Effective Talent Investment

Offers measurable wellbeing “pay as you go” support without long-term commitments, making it a practical investment in your workforce.

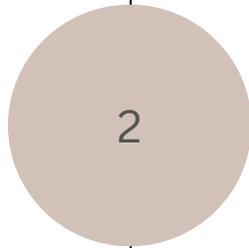


Seamless integration process

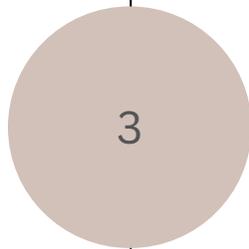


Initial Inquiry & Agreement

template business case to support funding approval

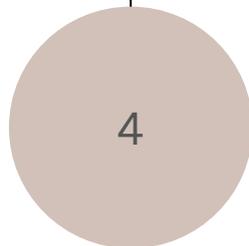


Integration into HR Policies and procedures



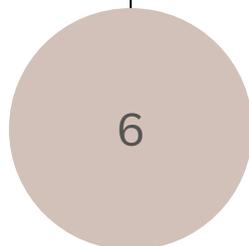
Launch services

Ready-to-use content for communications, promotional flyers, and employee outreach.



Booking , Session Delivery, Invoice, Feedback

Fully flexible remote session, neuro-divergent flexibility, trauma informed * monthly invoice * end session feedback forms * pay-as-you-go model, with no long-term commitment.



Feedback - Service Improvement Loop

Pregnancy Anxiety & Hypnobirthing Coaching

Everything You Need to Know

Why is it needed?

Pregnancy is a physically and emotionally demanding process, often accompanied by anxiety, and uncertainty about labour, recovery, and balancing work and family responsibilities. Supporting employees through one of the biggest changes in their life helps reduce stress, anxiety and maintains productivity and fosters loyal and engaged employees.

How it Works

- HR shares Natal-Nurture contact when pregnancy is confirmed
- Natal-Nurture handles booking, invoicing, and feedback
- 3 hours of flexible online sessions (1-hour or 30-min slots)
- Extra session if needed
- Postnatal check-in session

Benefits to Your Business

- Reduced stress & anxiety → employees are calmer, more focused, and productive
- Better maternity outcomes → faster recovery, fewer complications, reduced post natal-depression
- Lower absenteeism & presenteeism → healthier, supported employees
- Enhanced loyalty & morale → shows your organisation values family wellbeing
- Attract and retain talent → positions your company as a safe family-friendly employer

What employees can expect

Every employees is unique—sessions are tailored individually.

- Healing past birth traumas (3-step rewind technique)
- Medical phobia removal
- Pregnancy Anxiety Support
- Hypnobirthing fundamentals:
 - Breathing & relaxation techniques
 - Visualisation & guided imagery
 - Understanding the birth process for a calm, confident experience
- Preparing for cesaran birth
- Partner/Support Person Involvement – Techniques and guidance for partners to support the birthing parent.
- Postnatal support: unpacking birth experiences, managing postnatal anxiety, self care

Helps expectant parents:

- Reduces stress and anxiety during pregnancy
- Builds confidence and preparedness for labour
- Teaches relaxation, breathwork, and coping techniques
- Provides flexible, confidential support at convenient times

Takeaways for Employees

- Sound files for guided relaxation and hypnobirthing practice
- Informative booklet with key techniques and tips



Return to Work Wellbeing Coaching

Everything You Need to Know

Why is it needed?

Becoming a parent is a wonderful life changing journey. However, it can also be overwhelming, exhausting, stressful and, sometimes, just overwhelming. Transitioning back to work after parental leave can also be a challenging process where employees often feel apprehensive about their ability to meet all their new and changing priorities.

How it Works

- HR shares Natal-Nurture contact details when RTW date is confirmed.
- 3 hours of fully flexible confidential on-line sessions (broken into convenient 1-hour or 30 min slots)
- Flexible support: sessions are available before or after returning to work, with no expiry date

Business Benefits

- **Faster, smoother reintegration** → employees return with confidence and clarity
- **Reduced turnover** → parents feel supported and are less likely to leave after maternity/paternity leave
- **Boosted productivity** → tailored coaching helps balance work and family demands effectively
- **Improved wellbeing** → employees feel less overwhelmed, reducing stress-related absence
- **Stronger employer brand** → demonstrates genuine commitment to long-term employee support

What employees can expect

Every parent is unique—sessions are tailored individually, potential areas covered:

End of Maternity

- Establishing New Boundaries
- Building a Support Network
- Redefining Personal Identity
- Managing Emotional Challenges
- Practical Planning and Transition
- Designing Self Care Programme
- Celebrating Self and Building

Returned to Work

- Defining the New Work-Life Balance
- Rehearsing Asserting Boundaries
- Reducing Imposter Syndrome
- Managing Separation Anxiety
- Learning Techniques to Relax
- Learning Techniques to Sleep Better
- Confidence and Celebrating Success

Helps returning parents:

- Rebuild confidence and ease back into professional life
- Manage parental anxiety and work-life balance
- Develop strategies for time management and self-care
- Feel supported in adjusting to new responsibilities at home and work
- Return with renewed focus, resilience, and motivation

Takeaways for Employees

- Booklet with key techniques, affirmations, and tips
- Guided sound files for relaxation,



Fertility

Hypno- Psychotherapy

Everything You Need to Know

Why is it needed?

When plans to get pregnant take longer than hoped it can be an incredibly difficult and isolating with a roller coaster of extreme emotions that all too often are hidden from those around.

How it Works

- HR shares service with the business to encourage fertility conversations with female and male employees
- HR provide Natal-Nurture contact details on intranet/policy
- 3 hours of fully flexible, confidential on-line sessions (broken into convenient 1-hour or 30-minute slots)
- Sessions are fully remote and tailored to individual needs (partners welcome)

Business Benefits

- Reduced stress & anxiety → employees feel calmer, supported, and more able to focus at work
- Opens the conversation
- Improved emotional wellbeing → helps employees cope with uncertainty and treatment pressures
- Lower absenteeism → less stress-related absence during fertility treatment
- Enhanced loyalty & morale → demonstrates genuine care for employees' family journeys
- "Stronger employer brand → breaks down barriers around fertility conversations and shows your organisation is supportive, inclusive, and family-friendly."

What to Expect

- Reduce stress to enhance the chance of conceiving—naturally or with assistance
- Identify and release subconscious blocks to conception
- Use visualisation to strengthen the mind-body connection
- Build resilience when coping with pregnancy loss
- Pursue fertility treatment without feeling life and body are "taken over"
- Communicate with your partner calmly and rationally to make the best decisions together
- Regain a sense of control in a process that can feel overwhelming
- Create positive habits and behaviours that support wellbeing and fertility

Helps employees:

- Provides a confidential, safe space to share and validate experiences and emotions
- Helps to normalise feelings around fertility challenges
- Teaches techniques to reduce stress and anxiety, supporting overall wellbeing
- Can increase chances of conception—either naturally or through assisted methods (IVF, IUI, etc.)

Takeaways for Employees

- Relaxation techniques
- Visualisation exercises for success
- Guided sound files for relaxation



www.natal-nurture.com

Verity Goodfellow

Experience you can trust

www.natal-nurture.com

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Corporate Background

Former Project Manager in the legal sector with extensive experience leading global transformation projects in fast-paced, high-performance environments.

Personal Experience

Navigated pregnancy loss, pregnancy anxiety, and three returns to work after parental leave – gaining first-hand insight into the challenges employees face balancing corporate career and family life.

Therapy Experience

Qualified Clinical Hypnotherapist (2012) with 12+ years' experience. Integrative approach combining hypnotherapy, EMDR, NLP, coaching and counselling skills. Private practice based in Woodford, London.

Corporate Wellbeing

10+ years delivering workplace well-being programmes, including stress and anxiety management, sleep improvement, teaching mindfulness meditation, hypnobirthing, and return-to-work coaching.

Credentials

- PGCert in Clinical Hypnotherapy (CBT, Psychoanalysis, NLP, Coaching)
- Certified Fertility Practitioner
- Certified Hypnobirthing Practitioner (Easibirthing)
- Counselling: Level 2 and Level 3 (Adult Person-Centred), Level 4 (in progress)
- EMDR Practitioner | Mindfulness Meditation Leader
- Affiliate Member, British Society of Clinical Hypnosis
- Fully insured practitioner



Additional Services

www.natal-nurture.com

Wellbeing for everyone Interactive Workshops

Learn and experience calming the mind and relaxing the body



The Lunchtime Retreat

"Relax, Re-charge & Thrive"

We begin with mindful breathing to clear stress, followed by a body scan to release tension and promote relaxation. Then into a guided visualization and empowering affirmations to boost your energy, creativity, and focus. This session is all about activating your parasympathetic nervous system to relax and reset, helping you return to your day feeling refreshed, recharged, and ready to thrive



Learn to reduce Stress & Anxiety

5 week course

Learning these practices gives you practical tools to calm your body, quiet your mind, and break free from unhelpful stress patterns.

With regular use, they build resilience, enhance emotional wellbeing, and help you feel more balanced, focused, and at ease in daily life.

Core Practices

Mindfulness – Present-moment awareness

Visualisation – Guided imagery for calm and success

Gratitude – Simple daily practice

Affirmations – Positive self-talk

PMR – Progressive muscle relaxation

Halt negative loops & refocus.

IFS Visualisation – Connect with inner parts for healing and happiness.

Butterfly Hug – Bilateral tapping (from EMDR)

Breathwork – e.g., 4-7-8 or box breathing

Humming – Stimulate vagus nerve

Body Scan – Release hidden tension



Meditation

3 week course

Meditation helps calm the nervous system, reducing stress and anxiety while improving focus and emotional balance. With regular practice, it builds resilience, making it easier to respond to life's challenges with clarity and ease.

Meditation on the breathe

Loving-Kindness (Metta) – Sending well-wishes to self and others

Gratitude Meditation – Focusing on appreciation and thankfulness