

Parental Leave Group Coaching

As part of a regional partnership in the South East, Alban Education are proud to be supporting [The MTPT Project's Cradle to Classroom](#) programme of parental transition support throughout the academic year 2025-26.

The programme allows teachers, leaders and support staff working in state schools to access fully-funded group coaching and workshop support from the start of their parental leave all the way up to when their youngest child is 5 years old.

Almost 20,000 teachers are on a period of maternity, adoption or shared parental leave at any given time, representing approximately 5% of the total workforce – a huge life change that comes with a new sense of identity and evolving values.

Since 2023, the Parental Leave group coaching programme, part of The MTPT Project's [Cradle to Classroom](#) programme, has ensured that – for more than 140 new parents – this transition has been positive and empowering.

Alice, an Oxfordshire-based secondary teacher joined the Autumn cohort of the Parental Leave group coaching programme between September and November 2025 to support her during her maternity leave. She said: “I enjoyed the chance to speak and listen to other teachers who are currently on parental leave.”

The coaching boosted Alice's sense of optimism during her maternity leave, and gave her the space to clarify her priorities and shifting values. As a result of the programme, Alice felt motivated to achieve goals she decided on at the end of each session which included securing KIT day activities that felt purposeful.

Ensuring all three elements of the [Cradle to Classroom](#) programme are fully-funded for state school colleagues is just one of the ways that Alban Education is addressing the recommendation in the recent [Missing Mothers](#) report by The New Britain Project and The MTPT Project, which called for “a comprehensive coaching programme for mothers during, and post-maternity leave”.

Dates of upcoming Parental Leave group coaching cohorts and other regional sponsors can be found on [Eventbrite](#).

A full outline of the [Cradle to Classroom](#) programme of parental transition support can be found on The MTPT Project's [website](#).