



Returning Mothers Day Activities

Support and Understanding



Empowering Women: The Journey Back to the Workforce



Event # 1

Role Reversal Day

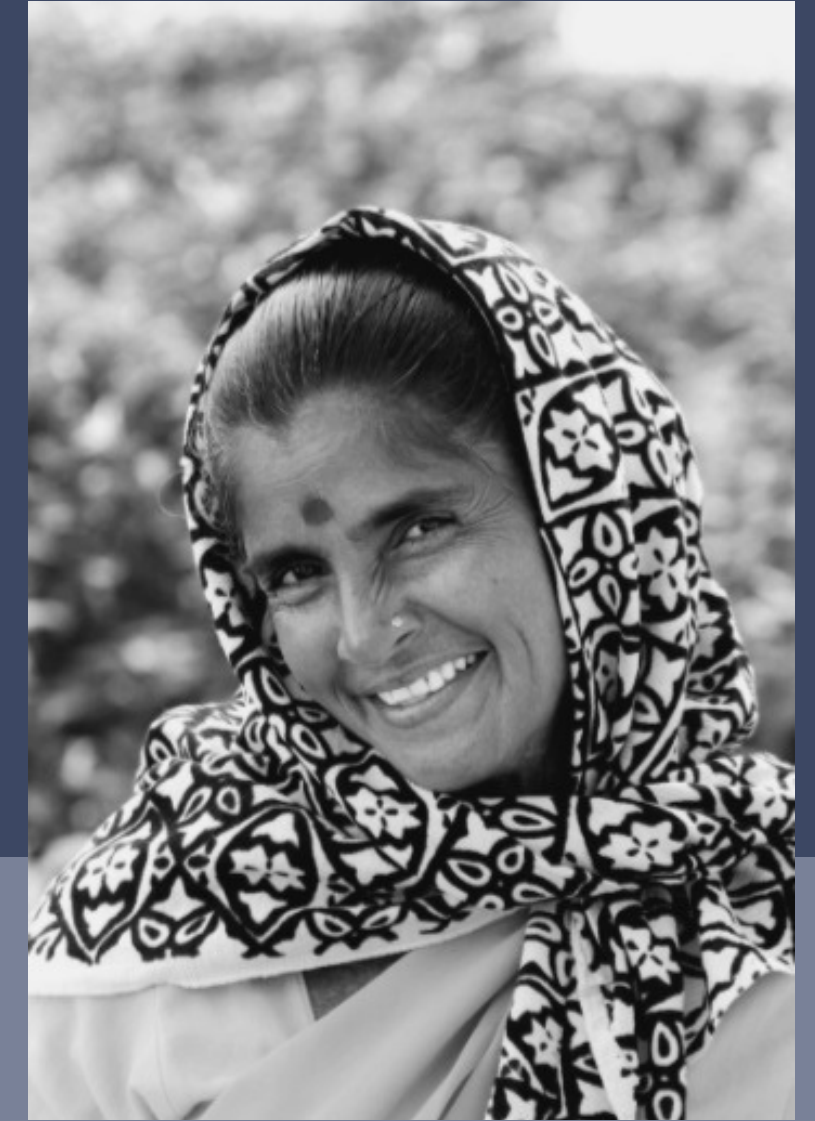
Role Reversal Day



Role Reversal Day is an event where family members take on the daily responsibilities of women to understand the physical and emotional toll it takes, fostering empathy for women's desire to regain their professional identity.



This event highlights the importance of acceptance and understanding in supporting women's choices regarding their career and family balance.



It serves as a powerful tool to promote awareness and acceptance of the challenges women face.

Role Reversal Day

1. Understanding Time Management

- Description: Family members will realize how much time and effort is required to complete daily tasks like cooking, cleaning, laundry, and looking after children. They will see how women often juggle multiple roles simultaneously, with little to no downtime.
- Objective: This experience helps family members appreciate the woman's multitasking skills and why adding a professional role could be fulfilling for her. They will understand how overwhelming it can be and why sharing household duties is essential if she returns to work.



Event # 2

Before and After Story Sharing Session



"Before and After" Story Sharing Session



An interactive session for returnee women to share their professional stories from before and after marriage and motherhood, highlighting their achievements and sacrifices to help family members realize and appreciate their contributions.

A photograph of a meeting or panel discussion. In the foreground, a man in a dark suit, white shirt, and tie is seated, wearing a light-colored face mask and looking towards the left. Behind him, a long table is set up with several women seated along it. They are also wearing face masks and some are wearing headscarves. They appear to be engaged in a discussion or listening to a speaker. The table is set with water bottles, glasses, and papers. The background shows a modern office or conference room setting with large windows and a clean, professional atmosphere. The entire image has a blue tint.

Event # 3

Mentorship Panel with Successful
Returnees

Breaking Barriers: Encouraging Women to Reclaim Their Careers

A mentorship panel featuring women who have successfully returned to the workforce, offering guidance and support for balancing career and family.

These stories demonstrate how a career can enhance family well-being rather than conflict with it.





Event # 4

Children's Perspective Skit or Play

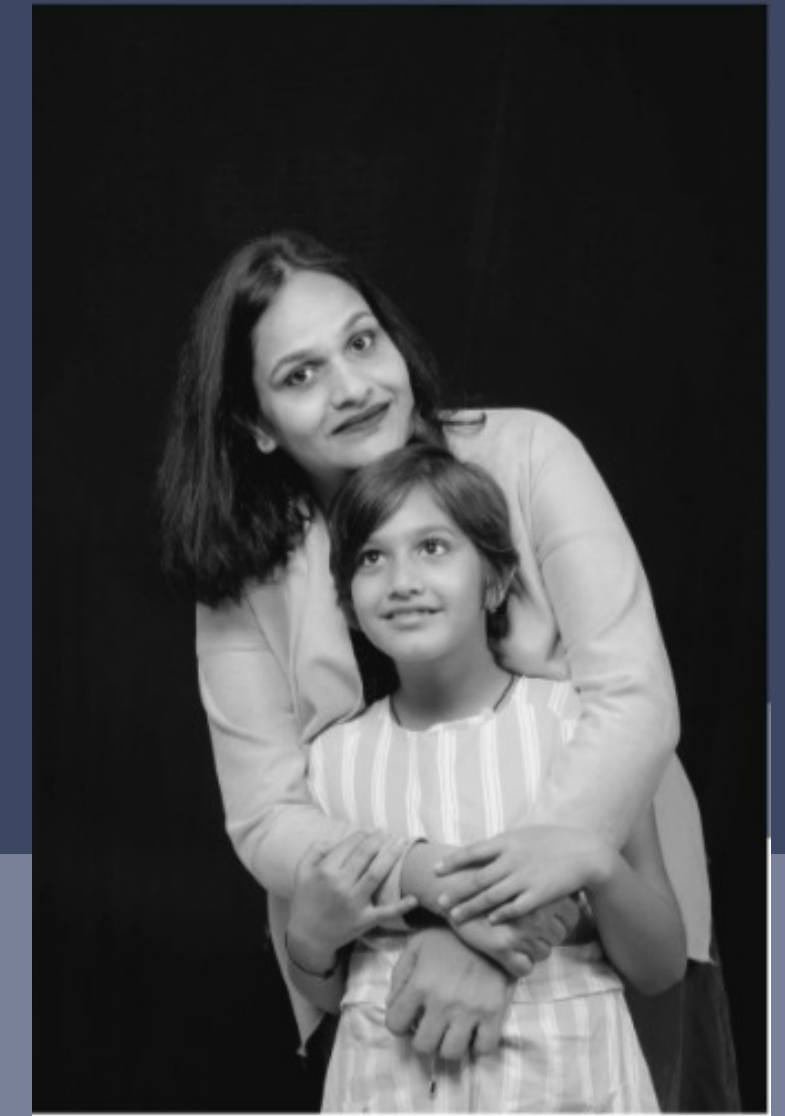
Children's Perspective Skit or Play



Organize a skit where children express appreciation for their mother's contributions both at home and at work, encouraging other family members to support her career goals.



This skit can be part of a larger event where family members are invited to participate in various activities aimed at empowering women.



It sets a positive tone for the day by highlighting the important role women play in both family and career.

Unspoken Struggles: Why Women Deserve a Second Chance at Work

Event # 5

Film Screening and Discussion

Film Screening and Discussion



Host a film screening of a documentary or movie that reflects the challenges women face in balancing work and family, followed by a discussion to relate these experiences and foster understanding.

Beyond the Home: Empowering Women to Balance Family and Career



Event # 6

Work-Life Balance Workshop



Conduct a workshop focused on strategies for families to support women returning to work. Discuss shared responsibilities, emotional support, and practical tips for achieving work-life balance





The Untold Sacrifice: Helping Women Reconnect with Their Professional Dreams

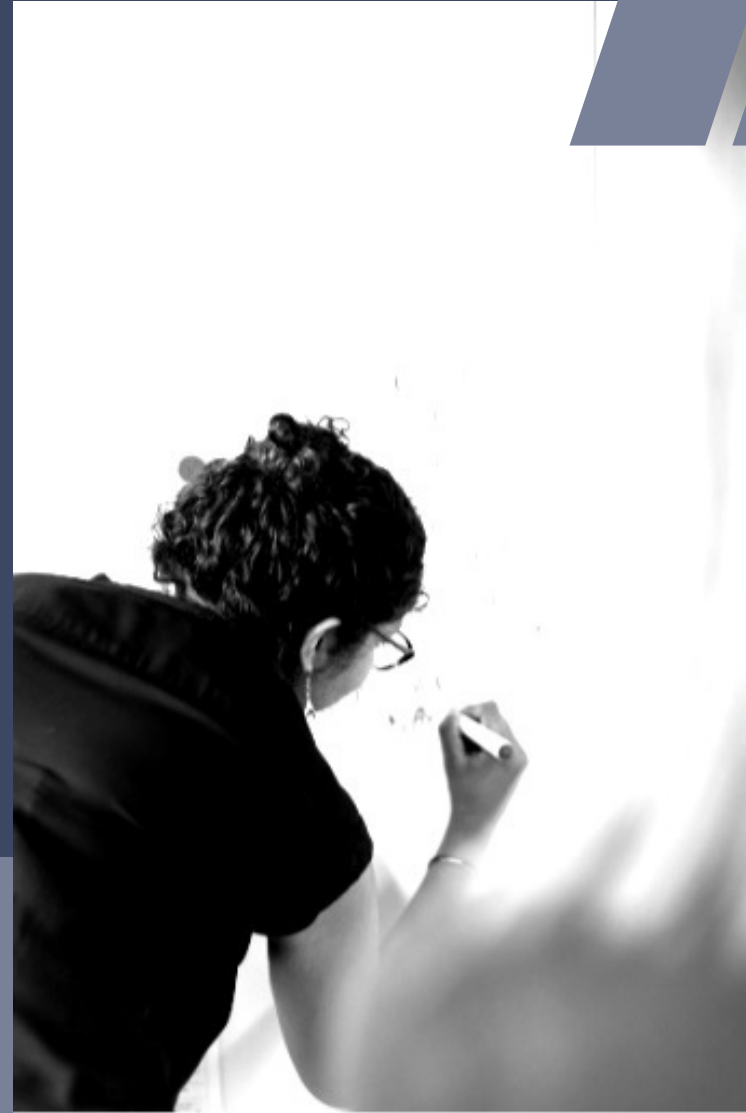
Event # 7

Family Testimonial Letters

Family Testimonial Letters



Family members write heartfelt letters to women, appreciating their valuable contributions at home.



This activity helps in acknowledging their roles and building emotional support as they prepare to resume their professional journeys.



Women's Professional Identity



Event # 8

Women's Professional Identity

Women's Professional Identity



Women respond with letters that express their professional aspirations and identities. This fosters a conversation about balancing personal and professional lives and the importance of nurturing a career alongside family responsibilities.

A woman with short dark hair, wearing a plaid shirt and a light-colored apron, is working at a food stall. She is looking slightly to the right. In the background, there are menu signs with Japanese text. One sign reads '炸猪大肠' (Fried Pork Intestine) and another reads '精美牛丸' (Delicious Beef Balls).

Event # 9

What If' Scenario Game

Rediscovering Purpose: Women, Work, and Family Harmony

In this activity, family members envision a world without women's participation in the workforce. By exploring the potential societal impacts, participants better understand and appreciate the diverse roles women play in both family and professional settings.



A photograph of a family walking away on a path. A woman on the left is holding the hand of a man in the center, who is holding the hand of a child riding a bicycle on the right. The scene is overlaid with a blue tint.

Event # 10

Parental Journey Photo Exhibition

Parental Journey Photo Exhibition



Host a photo exhibition featuring candid photographs of women throughout their parental journey, showcasing moments from their professional lives before and after motherhood. The exhibition can also include quotes and stories from the women about their experiences balancing work and family.

Parental Journey Photo Exhibition



The exhibition showcases the beauty and challenges of women's parenting journeys alongside their professional aspirations.



Highlights the emotional and physical transformations women experience, helping to humanize their stories and foster understanding.



Creates opportunities for discussions on the importance of supporting women's choices and contributions both at home and in the workplace.

A woman wearing a hijab and a light-colored blazer stands on the left side of the frame, holding a pen and pointing towards a whiteboard. She is addressing a group of about ten people seated in a semi-circle. The audience consists of men and women of various ages, all looking towards the presenter. The setting is a modern, bright meeting room with large windows in the background. A coffee station with a coffee machine and shelves is visible behind the audience. The entire image has a blue color overlay.

Event # 11

Orientation Session for Managers to
Better Accommodate Returning
Mothers

Orientation Session for Managers to Better Accommodate Returning Mothers



Conduct an orientation session for managers to address the unique challenges faced by returning mothers. Topics will include flexible work arrangements, childcare support, and fostering a welcoming workplace culture.

By understanding these challenges, managers can enhance employee retention and job satisfaction while promoting work-life balance and shared responsibilities.

A woman with long blonde hair, wearing a white button-down shirt and jeans, stands in a kitchen. She is smiling and looking down at a notebook she is holding. A young girl with her hair in two buns, wearing a grey sweater, is sitting at a table in front of her. The girl is holding a pencil and looking up at the woman. The background shows a kitchen counter with various items like a coffee maker, a toaster, and a dish rack. The entire image has a blue tint.

Event # 12

Bring Your Child to Work Day

Bring Your Child to Work Day



Organize a "Bring Your Child to Work Day" where employees can invite their children to the workplace.

Activities can include office tours, interactive sessions, and fun learning experiences that demonstrate various job roles and responsibilities. Children can engage in creative projects and learn about their parents' work environments.

This event strengthens the bond between parents and children by offering insight into parents' professional lives. It helps children understand the importance of work and their parents' contributions beyond the home, while fostering a family-friendly workplace culture. Parents can also share their career aspirations, inspiring children to envision their own future paths.

