

What we offer

Support through pregnancy, parental leave and the return to work.

Motherna helps organisations create a more structured and supportive employee journey through pregnancy, leave and the return to work.

HR teams and managers receive practical tools that make follow-up easier and less dependent on individual routines. Employees receive knowledge and support tailored to this major transition.

We combine practical workplace tools with direct, expert-led support for employees. Our goal is a predictable, effective and individually adapted process that guides both managers and employees through one of working life's most significant—and often overlooked—transitions.

For the organisation

- Assessment of current practices and needs
- Workshops and guidance for HR and managers
- Conversation tools, checklists and planning templates
- Support for workplace adjustments, leave planning and the return to work
- Follow-up and evaluation

This can support better planning and continuity, a more inclusive employee experience, and stronger conditions for retaining valuable expertise.

For the employee

- An individually adapted support journey delivered directly by Motherna
- Professionally developed digital resources
- Individual guidance sessions
- Support related to everyday work, leave and the return to work

Employees gain knowledge, support and greater predictability during a period that often involves significant physical, practical and emotional change.

Designed around your workplace

The solution can be adapted to the organisation, its workplaces and its existing support arrangements.

Our expertise

Motherna was founded by two professionals with complementary backgrounds in nursing, psychology, maternity and postnatal care, education and doula work.

Iben is an authorised nurse with experience from maternity and paediatric wards, as well as workplace environment and wellbeing in a large IT company. Micaela holds a university degree in psychology from Argentina and has experience from hospitals, private practice, supporting pregnant people and new parents, and work with the Norwegian Women's Public Health Association. Both are trained doulas and provide courses, guidance and support through pregnancy, birth and the postnatal period.

When needed, Motherna collaborates with relevant specialists, including midwives, physiotherapists, HR professionals and employment-law experts.

Available in Norwegian, English and Spanish

Want to know more? Let's talk.

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