

SUMMER

2026

NEWSLETTER

LEADING WELL. LIVING WELL.

onikamiller.com

Leading Well. Living Well.

As we move through the year, I've been reflecting on the conversations I've had with clients, leaders and mothers across my coaching, leadership development and community wellbeing work. One message continues to stand out: wellbeing is no longer viewed as a luxury, it's recognised as the foundation of effective, sustainable leadership. More professionals are investing in their wellbeing not because they have reached burnout, but because they understand that the way they lead themselves directly influences the people around them. Whether at work or at home, healthy leadership creates healthier teams, stronger families and better outcomes for our communities.

Beyond Maternity Leave Webinar, A Wonderful Success!

A huge thank you to everyone who joined our first Beyond Maternity Leave webinar!

Together we explored the identity shift that often follows motherhood, rebuilding confidence, navigating the return to work, leading with authenticity and developing sustainable wellbeing habits that support both career success and family life.

The discussion was honest, reflective and empowering. It was wonderful to see women sharing experiences, supporting one another and recognising that they don't have to choose between being a great leader and being a great mum.

The success of the webinar has reinforced just how important these conversations are, and I'm excited to continue building this community.



What Participants Are Saying about 'The Beyond Maternity Leave Webinar'

The feedback from our recent Beyond Maternity Leave webinar has been incredibly encouraging. My aim was to create a safe, supportive and practical session that left women feeling more confident, informed and equipped with strategies they could apply immediately. I'm so grateful to everyone who attended and shared their reflections.

[Natasha L. shared:](#)

"I usually just power through things and ignore the mental load and fatigue. Having you point those things out and share actual strategies to manage them was empowering especially as you are clearly experienced in this area the tools were practical. The refocusing on the positive was the most beneficial for me. I know it was 30 minutes so challenging but you could easily turn this into a course and cover areas in more depth. I took two pages of notes lol thanks."

[Gen M. reflected on one of the key messages from the session:](#)

"Parenting skills translate heavily in the workplace."

When asked whether she felt more confident about returning to work or progressing in her leadership journey, Gen shared that she felt much more confident, adding:
"You can still achieve greatness despite the hardships of motherhood."

[Sam K. also reported feeling much more confident after the webinar and said:](#)

"The feeling of being uplifted and the confidence/motivation boost to continue in certain endeavours."

When asked what she enjoyed most about the session, Sam shared:

"The fact that in such a short time there was so much knowledge and action points to work with."

These reflections are exactly why I created Beyond Maternity Leave. Every woman deserves practical support, evidence-informed strategies and the confidence to recognise that motherhood and leadership are not competing identities, they are strengths that can thrive together.

What we'll explore!

- The transition into motherhood and its impact on identity and self-perception
- Wellbeing, resilience and sustainable success
- Returning to work and navigating changing priorities
- Confidence, self-belief and professional growth
- Leadership, performance and personal wellbeing
- Practical strategies to support wellbeing and long-term career development

Onika

COMING THIS SEPTEMBER... BEYOND MATERNITY LEAVE LIVE

Following the success of the webinar, I'm delighted to invite you to our first Beyond Maternity Leave LIVE event this September, delivered in partnership with Afewee Boxing Gym.

This interactive event has been designed for women preparing to return to work, those already back in employment, and women balancing leadership, career progression and motherhood.

Together we'll explore:

- Navigating the identity shift after maternity leave
- Rebuilding confidence and overcoming self-doubt
- Developing a healthy and sustainable leadership style
- Maternal mental health and emotional wellbeing
- Health, fitness and wellbeing for long-term success
- Supporting your child's development while prioritising your own wellbeing
- Practical strategies to reduce stress and prevent burnout
- A live Q&A with our expert speakers

As part of the event, every attendee will also receive access to a free women's boxing session with Afewee Boxing Gym, because wellbeing is something we believe should be experienced—not just discussed.

Book your place today at:
www.onikamiller.com/events

Tickets are also available via Eventbrite. Spaces are limited, so early booking is recommended!

I'd love to welcome you for what promises to be an inspiring morning of learning, practical advice and meaningful connection.

Looking Ahead – Lambeth Women's Wellbeing Event
Planning is already underway for an exciting Lambeth Women's Wellbeing Event, coming in April 2027.

This community event will bring together professionals, local organisations and women from across Lambeth for a day dedicated to leadership, health, wellbeing, personal development and community connection.

We'll be sharing more details over the coming months, and I can't wait to bring this vision to life.

Why Wellbeing Is Becoming a Leadership Priority.

One of the biggest shifts I've noticed this year is that clients are no longer waiting until they're exhausted before seeking support.

Increasingly, leaders recognise that looking after their own wellbeing is part of their professional responsibility. They understand that how they communicate, manage stress, set boundaries and care for themselves influences the culture they create for others. When leaders prioritise their wellbeing, they role model healthy behaviours, create psychologically safe environments, improve team engagement and contribute to better outcomes for colleagues, families and the communities they serve.

Leadership has never simply been about achieving results. It is about creating environments where people can thrive.



Executive Coaching in Action

This summer, I had the pleasure of supporting Chloe P., a Senior Manager at a well-known national charity organisation, through a one-to-one executive coaching intensive focused on leadership and wellbeing. Together, we explored practical strategies to strengthen resilience, enhance wellbeing and develop a sustainable approach to leadership. The session provided dedicated time for reflection, action planning and identifying realistic steps to support both personal and professional growth, with every recommendation tailored to Chloe's individual goals, learning style and circumstances.

Client feedback

"Onika really listened to understand me and didn't just give generic advice but made sure everything was tailored to what I shared with her about myself. She made the plan as easy as possible to implement into my lifestyle. She understood my learning needs and adapted to them. It was excellent. Thank you so much. I've never felt so listened to and understood. The plan is very doable and adapted for me and I'm confident I can implement it."

Feedback like this reflects the approach I bring to every coaching session. Rather than offering one-size-fits-all solutions, I work alongside each client to understand their unique circumstances and create practical, personalised strategies that are realistic, sustainable and designed to support lasting positive change.

Leadership in Practice



5 Ways to Role Model Positive Leadership Every Day

As leaders, our actions often speak louder than our words. The behaviours we demonstrate influence our teams, shape workplace culture and impact the wellbeing of those around us. Here are five simple ways to lead by example.

1. Prioritise Your Own Wellbeing

You cannot pour from an empty cup. Protect your physical and mental wellbeing by taking regular breaks, maintaining healthy boundaries and making time for rest and recovery. Looking after yourself gives others permission to do the same.

2. Communicate with Compassion

Great leaders listen as much as they speak. Approach conversations with empathy, remain curious and create opportunities for others to share their views. People are more likely to thrive when they feel heard, respected and valued.

3. Demonstrate Healthy Boundaries

Role model sustainable working by taking annual leave, finishing work when possible, avoiding unnecessary out-of-hours emails and recognising when to say no. Sustainable leadership benefits both individuals and organisations.

4. Celebrate Progress, Not Just Performance

Recognise effort, learning and growth, not only outcomes. Celebrating progress builds confidence, encourages innovation and creates psychologically safe environments where people feel able to develop.

5. Lead with Authenticity

You don't need to have all the answers. Be honest, approachable and willing to learn. Authentic leaders build trust, strengthen relationships and inspire others to bring their whole selves to work.

Remember: Every interaction is an opportunity to influence someone positively. The way you lead today shapes the culture your team experiences tomorrow.

A WOMEN'S LEADERSHIP & WELLBEING EVENT

BEYOND MATERNITY LEAVE

THE TRANSITION TO MOTHERHOOD
and back again

SUPPORTING YOU TO LEAD, LIVE AND THRIVE



BOBBY MILLS
England coach and head coach at Afewee Boxing Gym.



ONIKA MILLER
Specialist Health Visitor
Leadership & Organisational Wellbeing Specialist



CATHERINE VJ
Health visitor and counsellor specialising in women's emotional mental health.

LEADERSHIP
Build confidence and professional growth

HEALTH & FITNESS
Support your physical wellbeing for a stronger you

EMOTIONAL WELLBEING
Practical strategies for balance and self-care

RETURNING TO WORK
Navigate change, set priorities and thrive

SATURDAY 12TH SEPTEMBER 2026

MYATTS FIELDS COMMUNITY CENTRE
24 Crawshay Rd, London SW9 6FZ

11:00AM – 12:00PM
Followed by 30 min Q&A

£12.50 PER TICKET

Real talk. Real support. Real growth.

BOOK NOW:
www.onikamiller.com/events

TICKETS ALSO AVAILABLE VIA EVENTBRITE

Upcoming Events

To view upcoming webinars, workshops and events, please visit:
onikamiller.com/events

Saturday, 12th September 2026

Beyond Maternity Leave LIVE

Tickets available now via www.onikamiller.com/events or Eventbrite.

April 2027

Lambeth Women's Wellbeing Event

More information coming soon.

Whether you are leading a team, raising a family, building a career or simply navigating a season of change, remember:

You do not have to become someone else to succeed.

Sometimes the greatest transformation comes from returning to who you already are.

**Warm wishes,
Onika**