

Supporting Working Parents



Suitable for:	Parents and partners
Duration:	Half Day
Participants:	12 max

Think of all the parents in your business and how much they contribute to the bottom line, to growing your business strategy and to the company culture. Consider the important relationships these individuals have built with your clients and partners, the retention and effective management of these key clients as well as the teams they lead so effectively in the office.

Supporting working parents is crucial to retaining valuable employees or keeping them engaged and performing at their best. When the inevitable juggling between home and work becomes too tough to navigate, many mothers and fathers become anxious and stressed, feel guilty and in the worst-case scenario they feel they have no choice but to leave a job they love – at a huge cost to the business.

Course Overview

This highly interactive half-day workshop gives parents-to-be, new parents and 'established' parents an opportunity to understand that parenthood needn't force them off the career ladder. Individuals will leave the session feeling energised, positive and equipped to push further with their career.

Course Benefits

At the end of this programme you will be able to:

- Manage internal anxiety, guilt and other 'gremlins' that hamper or hold you back
- Create a bespoke action plan for (profile-raising) productivity
- Build a solid confidence plan
- Feel supported, motivated, valued and in control
- Design strategies for building more time into your day
- Optimise your communication style (verbal and body language)
- Walk away confident you have the time and resources to perform at your best as both a parent and an employee