


















FAMILY BALANCE AND CAREER MANAGEMENT WEBINARS

➔ For boosting belonging and wellbeing at work


Our 1-hour webinars are a quick and effective way of offering high quality learning & development opportunities to employees. This collection of topics will recognise, inspire and support your teams. It will also arm them with practical ideas on how to increase personal productivity and wellbeing at work.



Parents, carers and work-family balance

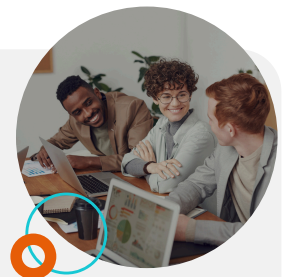
 Work family balance for parents & carers	 Mental health and resilience for parents & carers	 Boosting visibility as a working parent or carer webinar	 Work-family balance for dads	 Family and finances	 Managing your career whilst supporting neurodiversity in your family	 Connecting with your teenager	 Supporting you as a working carer
 Managing your career and family balance	 New and 'expectant' dads	 Preparing for family-related leave	 Preparing to return to work	 Returning to work	 Fertility matters at work	 Supporting you as a single working parent	









Wellbeing and career management

 How to sleep better in a changed world	 7 key strategies to becoming an incredible time manager	 Managing a flexible career	 Breaking out of the comfort zone
 Coping with loss at work	 Overcoming the imposter phenomenon	 A quick boost to personal effectiveness skills	 LGBTQ+ inclusivity in the workplace
 Boosting mid-life health at work	 Boosting male midlife health at work	 Menopause matters	

Managers

Our 1-hour webinars empower managers to champion the behaviours that support inclusive, family-friendly workplaces:



 Menopause matters for managers	 Fertility matters at work - a manager's guide	 Navigating neurodiversity for managers and HR	 Supporting carers at work - a guide for managers
 Managing a flexible and family-friendly team	 Managing family-related leave	 Inclusive leadership	 Ageism awareness for managers



WEBINARS OPTIONS AND PRICING

P&P Coaching offers a large selection of webinars for your organisation, all designed to support your employee wellbeing, family balance and career management, as well as diverse and inclusive leadership.

2 pricing options to suit your budget



A 1-hour webinar, which includes all of the above - **£650** (excluding VAT)



A 1-hour fully tailored webinar, including a 1-1 planning meeting with the facilitator – we will make any changes you need to the materials and also offer the option of including the facilitation of an internal panel discussion as part of the webinar - **£950** (excluding VAT)



What makes a P&P Coaching webinar different?



We have 12 specialist facilitators who sit on our **Panel of Experts** – they are all experts in their own fields and have devoted many years of passionate research to their area of speciality.

- We run webinars just for your organisation which is a great way to encourage **internal networking and relationship-building**.
- Most of our webinars can be recorded and used internally for up to 6 months – giving your employees **full flexibility** and offering even more **value for money**.
- Our webinars are suitable for **global audiences**, enabling you to bring together several locations at once.
- Most of our webinars have follow up material for employees to use – whether that be a checklist, further reading, a tip sheet or a full whitepaper report. This enables employees to continue to **learn independently**.
- All our webinars include full evaluation. We will discuss with you on setting up the webinar, but the most popular option for our clients is for us to create a link to an online evaluation form which is shared by the facilitator towards the end of the session. This ensures we get a good response. We then summarise the feedback and send you a full report which you can share internally. This will **save you a lot of time** and also give you some great data to prove your **Return on Investment**.
- We always have one of our team members who dials into the webinar ahead of time in addition to our facilitator, who will make sure everyone is set up on the day and **ready to go** – giving you peace of mind that everything will run smoothly.
- We **cater our webinar delivery-style** according to your audience and what you would like to achieve. Would you like to support, inspire and inform a large group (up to 100 people)? If so, we recommend a presentation with Q&A. Or perhaps you'd prefer a smaller, discussion-style group for up to 20 people for more interaction and more networking? Both options are available and we will help you plan the **best approach to meet your needs**.