

## Mental health and resilience for parents and carers

**Over two million people have given up work at some point to care for loved ones, and three million have reduced working hours.**

Creating a workplace culture that values and supports mental health and wellbeing is crucial in today's world. Good mental health can result in reduced absenteeism, improved employee retention and increased job satisfaction. This is especially important for parents and carers who need high levels of resilience to stay emotionally strong while caring for their loved ones and remaining productive at work.

Investing in the mental health and resilience of carers can benefit both individuals and organisations, creating a healthier and productive workforce. Providing support on this topic can also enhance the company's reputation as a socially responsible and compassionate employer, which can help attract and retain top talent.

This webinar will bring together a group of employees to either listen in and reflect, or share their challenges and frustrations, as well as their own stories and practical tips. They will take away a boost to their current resilience levels and understand what they can do personally and practically to learn and recover from life's difficulties.

### **This 1-hour webinar will cover:**

- A reality check: what has brought you here?
- Parent and carer specific challenges
- Self-sabotage, scarcity mindset, low self-esteem, imposter-syndrome, anxiety
- Mindset and habits
- How, what and why
- Building resilience with tools, strategies and insights

“ *This webinar has helped me to really think about what I want from life and how to move towards the things that will bring me joy and purpose. It helped me to navigate a lot of dark spaces and come to understand myself better.* ”

PARTICIPANT  
FEEDBACK