

## Work-family balance for parents and carers

**80% of working parents in the UK's workforce are reporting signs of burnout.**

This webinar is for organisations who want to recognise and support the health and wellbeing of their employees. It is for all those parents and carers who would like to feel calmer, happier, more confident and in control of how they balance work and family. It will help those who are ready and willing to make lasting changes to their work-family balance.

The webinar focuses on helping employees to stand back and identify what they need to change in life. It helps them to create a better work-family balance that is unique to them. It is a calming, reflective and coaching-style space, ideal for those employees who are prepared to come with an open mind, to think big picture and be ready to embrace new ways of thinking about their work and family balance.

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

- Your Wheel of Life: what is going well, what isn't: prioritise which to improve on.
- Identifying your personal values: understand what drives you in life and how you can live your values to feel happier.
- Your transferable skills: what you do as a parent or carer which helps you professionally and how to maximise these skills in both your key roles.
- Practical tips for a better work-family balance.

“ I wasn't sure what to expect at first, but this webinar changed the way I feel. I hadn't realised how important it is to understand your own values and how it can make you feel unfulfilled if you don't live these values. ”

PARTICIPANT  
FEEDBACK