












Reflective Spaces to Strengthen Health, Wellbeing and Resilience	
	<p>How to get Better Sleep in a Changed World – with Maryanne Taylor Understanding the impact of sleep-deprivation on you as a parent, this session will arm you with practical things you can do to get a better night’s sleep – an essential basic for staying healthy and operational at work.</p>
	<p>Resilience through Mindfulness – with Julie Courtney Learning how to take time out for yourself and practice mindfulness to manage stress levels – you will feel immediately more relaxed following the session and know how to keep this going on your own – another essential for longer-term emotional and physical health.</p>
	<p>Mental Health and Resilience for Parents & Carers – with Dr Chloe Paidoussis-Mitchell Resilience is a skill that can be taught. It safeguards Mental and Emotional Health and empowers us all to live a “better” and happier life. Parents and carers in particular need high levels of resilience to stay emotionally strong to take care of their family members, whilst at the same time remaining productive and happy at work.</p>
	<p>Maintaining Resilience for Parents and Carers – with Louise Hallett Your employees are likely to be juggling responsibilities to keep work, family, partners, schools and children happy. They may be experiencing the stress and strain in many ways as they manage their family through the crisis worrying how they will transition back to work in the office. This webinar is an opportunity to help your employees come together as a virtual group and identify and focus on what they want to be doing moving forwards.</p>

Workshops to Strengthen Self-Awareness & Interpersonal Skills	
	<p>Self-Confidence for Working Parents – with Harriet Waley-Cohen For some people, their confidence is based on external factors such as achievement or validation, which means it is shaky, and for many people confidence can dissolve the moment anything goes wrong. In this talk, participants will be given practical confidence building tools that will make a significant difference to their state of mind, their perception of your abilities, and their ability to activate a high level of confidence throughout the day. It will also show them how to build genuine confidence from the inside out.</p>
	<p>A quick boost to personal effectiveness skills – with Andrew Kitton At a time when many employees are working from home but facing the challenge of having to return to the office over the next few months, personal effectiveness skills have never been more important. During this webinar, attendees will work through 4 systematic steps and exercises to produce their personal time management plan, which can immediately be put into practice.</p>
	<p>Practicing Patience as a Working Dad – with David Willans Managing the dual role of father and professional is challenging. This workshop will help you reflect on ways to develop more patience at home and make the transition from work to home smoother and calmer.</p>

Career Management Workshops to Boost Strategic Skills	
	<p>Progress, not Perfection – with Harriet Waley-Cohen</p> <p>Looking at the destructiveness of perfection vs the empowering attitude of progress. The media tells women that they must be slim, successful, ambitious, meditate before dawn and be calm at all times...The ideals that are put forward are unrealistic at best, and perpetuate the toxicity of striving for perfectionism at worst. This has a detrimental effect on women’s confidence, self-esteem, health, happiness, relationships and career. In this talk, different aspects and consequences of perfectionism will be explored.</p>
	<p>Breaking out of the Comfort Zone – with Rachel Ward</p> <p>The comfort zone is a beautiful place, but nothing ever grows there. Confidence levels change depending on the situations we find ourselves in, but sometimes our mind-set can have a huge impact on what we choose to do or not do. Do we find ourselves saying, “I wish I had” rather than “I wish I hadn’t”? Are we too scared to try for fear of failing? We look at positive ways to build confidence, self-belief and a healthier mind-set.</p>
	<p>Overcoming the Imposter Phenomenon – with Dr Terri Simkins</p> <p>Ridding ourselves of the dreaded imposter syndrome. The notion of being not good enough and the stress of feeling like you’re just about to get found out can be stressful and draining. The sense that at some point you're going to be exposed as a faker can be crippling to achievement and can cause anxiety and overwork. It's called the impostor phenomenon and we explore where it comes from and how it can be dealt with.</p>
	<p>Boosting Visibility as a Working Parent – with Louise Hallett</p> <p>In busy times, we jump into a reactive mode, getting through the day-to-day job lists. However, if we don’t think strategically about how we are viewed at work, and if the right people don’t know what we are doing, it’s hard to get the recognition we need. Learn simple strategies to ensure your good work gets noticed and you remain motivated.</p>