














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 is more important than ever in the current environment. 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 and recent events have meant that this is at the top of the agenda. Resilience 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>Work Family Balance 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 to discuss common challenges and to pick up tips around managing the work family balance without jeopardising professional opportunity.</p>

Workshops to Strengthen Self-Awareness & Interpersonal Skills	
	<p>Mastering your Thoughts and Emotions for Wellbeing and Success during Turbulent Times – with Harriet Waley-Cohen Learn how to proactively manage your inner world, prioritise what really matters and continue to be productive and successful despite the challenging external circumstances. Find out how you can use your new knowledge of emotions and emotional wellbeing to have better relationships and be a more effective leader and team member.</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>Overcoming the Imposter Phenomenon – with Dr Terri Simkins Ridding ourselves of the dreaded feeling of being an imposter. 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>

1-Hour Lunch and Learn Webinars 2021

	<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>Progress, not Perfection – with Harriet Waley-Cohen</p> <p>Looking at the destructiveness of perfection vs the empowering attitude of progress. Here the focus is on understanding how our expectations of ourselves could be sabotaging and making life even more difficult than it already is at the moment; how to identify toxic perfectionism, and how to break free and focus instead on what really matters, wellbeing and success.</p>
	<p>Boosting Visibility as a Working Parent – with Louise Hallett</p> <p>In challenging times, with many of us working remotely, it is too easy to 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 want. Learn simple strategies to ensure your good work gets noticed and you remain motivated.</p>

Career Management Workshops

	<p>Managing a Flexible Career – with Andrew Kitton</p> <p>This webinar will support those employees who are currently working flexibly or perhaps have been for a while. It will offer the opportunity to consider how to maximise enjoyment, productivity and chance of career progression, all whilst working flexibly. Find out what the top 5 mistakes are when working flexibly and how to avoid them.</p>
	<p>Reintegration: The First 100 Days – with Helen Letchfield</p> <p>This webinar will support those who have recently returned from leave to be able to quickly and confidently reintegrate into the workplace. It will offer the opportunity for self-reflection as well as solutions to common challenges, and all attendees will walk away with a ‘first 100-day plan’ which they can put into immediate practice.</p>
	<p>Managing Remotely – with Andrew Kitton</p> <p>As the world faces unprecedented times, with many of us working from home, managers are facing new challenges. Bringing your managers together during a time of uncertainty and change to exchange challenges, tips and ideas will create a culture of solidarity and support amongst your managers.</p>