

Working Parent Lunch & Learn Programme 2017



Lunch and learn sessions are a quick and effective way of offering high quality learning & development opportunities to employees. This collection of topics for 2017 will recognise, inspire and support your working parents. It will also arm them with practical ideas on how to increase personal productivity and wellbeing at work.

Topics:

Managing Maternity and Paternity

Designed specifically for any manager who is managing an expectant, new or existing parent. This session is of particular relevance with the introduction of Shared Parental Leave, as managers may find they need to manage team flexibility much more. We look at ways to manage flexibility for good work life balance as well as strong business continuity.

How to work Flexibly

No one ever teaches us how to work part-time effectively, but changing your hours and managing people and deadlines accordingly is a great skill! This is for anyone who is considering applying for flexible working, or already doing it and looking for ways to be more productive and less stressed.

Choosing the Right Work Life Balance for You

This session will help you to identify any changes you might want to make in your life and how to create a better work life balance that is unique to you.

Life as a Working Dad

A strong work/family balance is a must for today's working dad. Understand how to manage expectations and get the balance right. In this session we will explore family values and priorities and you will leave the session having identified ways to better balance fatherhood and your career.

Managing Career and Parenthood

Priorities have changed and you need to be in several places at once. Learn how to manage the politics, network on reduced hours and boost your visibility.

4 steps to visibly improved Time Management for the Working Parent

Delegates will work through 4 systematic steps and exercises to produce their personal time management plan, which can immediately be put into practice.

Mindfulness – A Roadmap for Stress Resistance and Health

This session covers several breathing routines that can be used anytime, anywhere, as well as a short meditation. Developing this skill will help start people's journey towards slowing down the mind and body in order to quiet a racing mind and recapture the joy in life.

Image Management for Working Parents

Feeling confident in our image is a vital part of creating the right impression at work. As a working parent it is easy to neglect our appearance due to lack of time, change in body shape and financial pressures. We will show you simple, affordable solutions to looking good.