

Covid-19 Matters: Work & Family

We had over 1500 participants dial in, of those that stayed on the line to vote – we had a 99% satisfaction rate which is pretty fab! As they're a tough crowd to crack.

Covid-19 Matters: Work & Family

That was incredibly helpful. Thank you!! I'll certainly be recommending to colleagues.

Thank you, it has been reassuring to know that we're not a million miles away with what we've been doing.



Covid-19 Matters: Work & Family

Very informative session. Recommendations are useful for all staff, not just parents

Thank you for the session – really it made me feel like I can do this, and gave me a structure to work from. Facebook groups are great with ideas, but I was lacking a starting point which you delivered on.

Main takeaways – timer being set, 1 hour of learning for EYFS, 3 hours for KS2 (daughter in year 3, so took the lower of the band), creating a planner starting with meals and then overlaying meetings and going from there.

A quick response regarding the session earlier, it was very good. I sat on for the full hour. We need all the tips on maintaining emotional stability in the house that we can get at the moment. I have three children and am going to attempt to WFH in a full time capacity – so it's going to be challenging to say the least. Two are older but the youngest is five.

I made four pages of A5 notes. Drew the Circle of Control and made notes on the Tools for Keeping Calm. It was very good – the presenter was hugely knowledgeable and I felt like I trusted her.

Thanks for the invitation, probably one of the best webinar's on the subject that I've come across so far.

I am working from home at the moment and the children are still at school so my partner and I were able to have lunch and listen in to the session together which was great. We have 5 children aged from 5 – 18 and there was something of value in every slide. I particularly liked the quick references and reminders such as HEAT.

Thanks Rachel, for arranging today's session, I found it valuable and have shared this with my team.

Key takeaways for me:

- 1) Concept of HEAT
- 2) Remembering the emotional side of the situation e.g. make it fun, not just daily transactional drills of doing homework
- 3) Importance of routine, and scheduling – my children (ages 6 and 8) haven't been to school for 2 weeks and I've let them have 2 weeks of very unstructured hanging out!

Thank you very much for the helpful tips and guidance in your webinar last Friday. I found it very helpful especially as we all have less time at the moment and need to find a new way to handle suddenly all. It's not just the job and the kids, but also the teaching, housekeeping, cleaning and cooking... So many jobs that came up and that we need to handle with...



Covid-19 Matters: Work & Family

Thanks a lot for the docs and for your very insightful talk today. I really appreciate your professional support in these challenging times.

I'm actually struggling working from home and so is my husband with my twin girls aged two. You sound amazing and an example to follow.

I found it very helpful and appreciate your time in creating such an amazing session with all you've been dealing with personally.

I joined by zoom your webinar yesterday and I found it very helpful and interesting. I cannot think of anything to be included or added for the moment. I only have daughter r who is 12, so I really admire someone like you with 4 kids at home. I take my hat off !!

Thanks so much for your time – it was very informative especially as I am dealing with a little 9 year old dyslexic boy so I will really try to put into practice some of the suggestions you spoke about.



Covid19 Matters Work & Family

Great advice on how many hours they actually do at school - and important of emotional IQ makes us feel less guilty and more relaxed - thank you

We are based in South Africa - reached the world!!

Many thanks from Dubai. I've received so many information today from you which can be applied on my children in both their education as well as their personal developments. In fact the whole session was really useful and informative to become a successful parent.



Covid-19 Matters Work & Family

This has been the most helpful session/support I've accessed on this. I've been overwhelmed by the amount of "support" I've had to wade through to find what's relevant

Emotions Matter

Rachel gave insight in how to manage and understand emotions. Amazing to see the impact of emotional awareness and practical mindfulness has on mental wellbeing for both parents and children. I have received so many messages from parents and carers following this talk about how useful it has been. I am feeling motivated. A massive thank you for your time. Your delivery and knowledge is inspiring.



Emotional Wellbeing Matters

Huge thank you for a wonderful webinar. I personally go a lot out of it and we had run through the materials together! You are a very engaging and authentic presenter. Thank you so very much!

Thank you so much! You were brilliant today 😊 (as always!)

Like all other Educating Matters initiatives, this one too was so good, refreshing, and genuine. It's almost as if Refinitiv is resolving a lifetime of issues for us, both at home (weEVOLVE) and at work (Transformation). My daughters insisted on sitting through, and have started 'the pasta-jar' and other useful tips already. Apart from the obvious benefits, this gives us positive things to do at home while we are social-distancing. And it also gives the family an impression of a very friendly and generous Mommy's office 😊

Let's keep these sessions going, it's important to keep interacting with individuals who share the same experiences and learn from each to feel involved

It was such an inspirational and practical session!

I listen the recording of the same session delivered couple of weeks ago and I am listening to it again live during my lunch time. Yes, so much to implement and put in practice. THANK YOU!!!

This was a perfectly planned and timed session. Amazing.. Good work!!!

The best thing Refinitiv have done to help my home-work-childcare-online learning situation. thank you

It was a brilliant session - thank you so much for organizing and I hope that these pieces of advice will change the home environment during lockdown. Thank you again!!



Emotions Matter

'Name it to tame it' works really well for us with our younger ones, this is a great piece of advice.

I loved the "check the heat" and rose and thorn, but I think the best takeaway was the info on the time expected for education and dropping the guilt as I'm sure we all worry we are getting it wrong before we pat ourselves on the back

All of this has been incredibly helpful for my two children, 2 and 4 years. Is there any chance we can have a copy of the slides or a takeaway summary

Very valuable advice for those parents who have age brackets they have not reached yet. Even in normal times !

I think I need to put these timetables in place with my partner as opposed to my child - who is only 11 months old. We are struggling to agree on who's holding the baby.

Thank you. Really interesting with a lot of useful idea.

I will make sure my kids read more, that's a great thing that can be done daily

A big Thank you - I found this very useful and encouraging that I'm doing the best for my child.



Emotions Matter

I am so glad I've opted for your session yesterday. Your session reassured me that I am taking the right approach so thank you so much for that. I am definitely recommending your advice to my other mum friends as I think all the kids and parents can benefit from it.

I tried to pause and empathise yesterday when we found an unwanted homework which needed to be done for next day AND IT WORKED ;-) I knew my son was tired as he had 3 very long days at school finishing at 6pm and he got quite upset and cross realising he has to complete that homework and hand it in next day. Instead of just saying the usual 'You have to do it' I just said 'I understand you are very tired and you probably just want to play and relax instead of working on this. I am here to help you to finish it quicker. He suddenly calmed down and just got on with it ;-)' so thank you.



Special Needs Matter

As an Neurotypical parent to an Neurotypical child and one with Downs, this has been fantastic at helping me to feel I'm not alone - thank you so much - absolutely fantastic.

Feedback received 6 months after this webinar - It just occurred to me that I don't think I ever told you how much I appreciated two in particular of your tips. Back in May you (Rachel) gave a webinar for staff at Network Rail with SEN children, which I attended – both my sons are autistic.

You gave lots of useful advice, but two things really stood out:

- Get them used to wearing masks as soon as possible so you can build it up slowly (I think you used the phrase "develop their mask-wearing muscles"!), and
- Make some sort of flags to indicate when you are working, on a red-amber-green system.

As a result of following the first of those, both boys have coped well.

So your advice really is making a difference and is very much appreciated. I hope you and your family continue to cope well through lockdown 2.0, and please do keep sending the updates.

Special Needs Matter

That was incredibly helpful and it's really helped me understand what more I can do to help my son. The last week has been an immense struggle but contacting the school to say we weren't coping and hearing your suggestions today, has really given me hope

Thank you - this has been so helpful. My daughter has selective mutism and is on a EHP and this is such a big learning process for both myself and my wife.

I have an ADHD child, and two others that are NT. Loved the concept of being the sun to all their different planets!

It feels very good to have the "stop the guilt" and "you're doing enough" message. We, as SEND parents DO have more to cope with, and additional stress and pressure. It's easy to forget that other people have different "normal" to us

Thank you so much that's been really useful - good to know I am not the only person struggling with these issues

The session was really valuable to me. There is a wealth of information on "how to homeschool/manage kids at home" and how trying it will be, but very little for/from those with additional needs. I suppose most of those parents are already run off their feet rather than planning the next instalment of a maths lesson using Pinterest!

I found the webinar incredibly helpful (and even got my husband to stop working and listen). We've been having a very difficult time with getting our 9-year old son with Aspergers to get the work the school is setting, done. I'd finally plucked up the courage to tell the school that we weren't coping and then this webinar was the icing on the cake.

We took away so many ideas that we're already putting into practice – having a daily schedule, supplies at hand and breaking out the chew and fidget toys – just for starters.

We've had a much more peaceful day today, with no tantrums.



Home-schooling Matters

Listening to this is brilliant and really helpful. I have a teenage boy who is just so uninterested in his schoolwork. It is really hard trying to get him up in the morning let alone working and motivated.

I just want to say that this has been a really reassuring seminar. I have read a lot about the fact that we should be using this time to be with our children rather than homeschool them but this is hard when we also have to continue our day job. Thank you for the advice and reassurance that by making my kids sit at their desks I am not being a bad mum but keeping life real and structured.

Really helpful tips for next week as this week has not gone so well! :) We will now be sitting down together this weekend to share our ideas and put a schedule in place for next week. The boredom box is a great idea too. Thanks ever so much

Thanks Guys. Most helpful (even as a parent of older kids the advice for parents fits for the older ones too).

Fantastic presentation and content as always.

For me just hearing someone say don't be too hard on yourself and acknowledging that we still have to work was a relief!

That was fab thank you! Getting a few emails through, someone said it was inspirational!

I am an HRBP for Marsh and despite not having children myself, listened to the webinar so that I can support my colleagues that do. I thought it was really useful, succinct and had some great ideas. I'm going to send the recording to all the colleagues in my business areas with children and recommend strongly that they take time to listen to it.

I did find the whole session really useful, it certainly made me stop and think more objectively as everything has been overwrought with emotions over the last few weeks.

I particularly liked the suggestion to draw up a schedule for the day so everyone knows roughly where and when they need to be (within the house of course!). The stop, drop and breathe mantra was also an eye opener, as was not speaking to anyone HEAT.

I know I'm not alone but sometimes it feels like it so it's good to be reminded that we are only human (another key message for me!)



USA & Canada

This was absolutely fantastic; very grateful. There were a 12 and 14 yr old who were having a listen along with me, who also enjoyed. Stay well, and thank you from Toronto.

This has been phenomenal, thank you so much. Is it possible to receive the recording so I can share with my spouse?

Excellent class.

I think this has all be very helpful...I need to work on More empathy towards child's feeling especially since younger children don't have a true understanding of what's going on and the stress that their parents may be experiencing.

This was extremely helpful and I feel like I have some more direction. I have a 3 year old with autism and this has been very challenging.

You made me feel really good. Many of the items you've discussed, we have implemented! And I've taken away some thoughts/ideas that will help us progress. Thank-you.

Thank you so much. I really needed this!

You're amazing!

Thank you so much Rachel. This was a wonderful webinar and extremely informative.

Greetings from Los Angeles! Thank you for the wonderful webinar



Communication Matters

The communication session that you gave to us today was incredibly insightful, in ways it reassured me of the things that I am doing correctly and on the other hand you also showed me where and how I need to improve on the parts where I am not doing so right, hopefully I can improve, make changes and practise this going forward.



Communication Matters

Thank you for speaking to us this morning, and for sharing the handbook. The list of links provided is extremely helpful and much appreciated. Your presentation and suggestions couldn't have come at a better time!

I really enjoyed it although my daughter is 20 years old!. Some of the tips are still valid for any age. Once again I thank you as the session was really interesting and you seem like an amazing woman – so well done on that.

I just wanted to say what a brilliant session this was.

SHEARMAN &
STERLING LLP

Boundaries Matter

I just wanted to reach out to say that the session delivered today on 'Boundaries' was excellent. We felt it had a really positive and motivating tone and there were lots of practical tips which is exactly what we were after, so thank you.



Motivation Matters

Fantastic to have **Rachel Vecht** from **#EducatingMatters** present a webinar to our **#Centrica** Working Parents Network today. This morning's hour session on **#MotivationMatters**, which focussed on how to talk to children so that they listen not only shared practical tools on speaking to our children more effectively by recognising positives in their behaviour, but also focussed on how to nurture a growth mindset and the importance of positive parenting.

I feel so grateful to work for a company that values, encourages and supports employee networks. All afternoon I've been speaking with our business's working parents, who, like other working parents, have had a rough time over the pandemic and may have lost their confidence. Following the session our parents are feeling empowered to immediately change the conversations with their children.

I know that this session's positive effects will be felt not only at home but in the workplace too.



Allies Matter

- It's ok to make mistakes as long as you learn from them
- Intersectionality is so important and one person can be part of many under represented groups
- So much amazing content that focussed on Allyship across minority groups
- Absolutely fantastic session - really thought provoking and has given me some useful tips on how to respond to people when these topics come up
- Great session - thought provoking and inspiring.
- This has been such a powerful session! Thank you!
- Excellent session Gwen, thank you so much
- Thank you so much! What an excellent session!!
- Is the recording of this going to be made available as I think everyone should watch this!



Open Q&A panel discussion

Thank you so much for the session just now.
We're already getting some fabulous feedback coming in!
I will definitely be in touch for other topics our working parents/carers want to explore.



'Ask the expert' – open ended Q&A for Poland

Thank you very much for today's session. It was a pleasure to listen to you and benefiting from your experience. It is visible you can talk a lot on every topic, which is very beneficial for our parents. I liked the way you grouped the similar topics, covering them together but paying attention to various aspects mentioned within the same theme. Very beneficial for me where your personal life examples, because it helped me understand the theory in practice. I will share a feedback form with participants to hear their voice. I sensed that these moments when people were unmuting and bravely sharing their parenting challenges were the most powerful.

Thank you Rachel for being with us and sharing your knowledge and experience. It was very inspiring meeting for me. Looking at immediate participants' responses – I see they were very pleased as well. Although you received a lot of aspects to address, you also leave the space for our challenges and real life situations.



Emotions Matter

"This was a very informative meeting. I think our kids are going through a lot with this pandemic and it is hard on both us as the parents and them. Rachel is giving us tools to help us cope with how to help us help ourselves. It is especially more poignant for the US Employees because schools are shutting down again in NYC."



1:1 consultations

Due to the overwhelmingly positive feedback we have received so far we have managed to lockdown more budget and are hoping to add more coaching sessions! Once again thank you for everything you have done so far. Please let me know if any more sessions are possible and I'll set things up immediately.



1:1 consultations

Rachel was understanding of my unique personal circumstances and tailored her advice to suit my position. She was insightful and I put to work her advice successfully as soon as I came off the call. It's still a work in progress but her advice has helped massively.

I had a session with Rachel yesterday .I booked it without expecting too much but she was very helpful, easy to talk to and sent an email with more info on the topics I needed help with. Would recommend having a session.

This is an amazing opportunity that HCD team have been working hard to provide, how often will we get the chance to spend 30minutes with an expert talking only about our specific family problems.

Accent on Family UK thank you! I had my session with Rachel this morning and feel empowered to face more home schooling whist working and all that comes with it. It's reassuring to get some professional advice and encouraging reassurance!"

Had my session this morning and it was so helpful! Rachel was so knowledgeable and also provided some great signposts to other resources - I'm very glad I booked in, Thanks SO much for organising, very much appreciated (smile)."

"Amazing! I had mine yesterday and it was so useful. I'd definitely recommend if you've not had a session yet. Rachel was lovely and followed up with an email listing a few resources she'd talked about."

"Rachel was very easy to talk to and quite relatable. She used experiences from her own life to put things into context and was very open and honest. Although I am quite familiar with some of the strategies Rachel mentioned, she was able to give more tailored suggestions and she followed all this up with an e-mail covering the resources we had discussed. I found the whole experience extremely helpful."

"I enjoy a lot the fact that it was a 1-2-1 session. It felt very personal and Rachel shared very good information tailored exactly for me. Having someone talking just to you/about you makes such a big difference. There is a lot of information out there that I look for (even too much!) so this personal approach really helped me focus on specific details."

"I felt she really listened and also - she got my feeling of being "inadequate" with full time work and being single parent - it really helped "

"I'd like to reiterate my appreciation for the session with Rachel, it was so helpful. Thanks again to all those involved. I don't believe it's the responsibility of any employer to provide such support so it's amazing to see that people within Accenture have taken the thought and time to make it available. "



Thank you Rachel, each session you have done with Barclays I try to put into practise

Thank you, lots of food for thought. Really good session.

Emotion coach is very helpful for my Tweenage daughter's outbursts, thanks.

I think it's also very important that we recognise the 'stereotypical' roles mums and dads play and try to move away from it if we want to teach our children gender equality and that it is the society that imposes those roles, not the gender itself

Thank you so much for the session, I loved your honest and candid approach and what really stuck with me is the plethora of specific examples you have used to illustrate the practical techniques you taught us. That really brought it to life for me. I don't have children, but all the lessons are equally applicable to work and personal relationships, so I will definitely be using them.



I've really enjoyed both webinars by Rachel, she has so much useful knowledge to share and a great way of conveying her message to us. I hope to be able to join more of her webinars in the future months!

This webinar was so incredibly interesting, eye opening and useful. I came away with actionable ideas that I will try immediately. Rachel is an excellent presenter and I hope she will be leading many more other topics of webinars!

Fantastic webinar, thank you for all the wisdom you have imparted and for being so real

I really love this webinar, very practical tips and and very easy to follow. I am so excited to begin this journey!

I liked the examples and the situations the presenter described and showed. It is very effective and not abstract. well done

Have increased confidence and new tools to exploit

Technology Matters

It was one of the best webinars on this topic I've ever attended. I wish there was a follow up because Rachel surely has many more tips for parents and many more stories to back it up.

All the sessions with Rachel have been great, keep them coming :)

Really useful session and good to hear other parents share their experiences. Thank you!

Cross- Company Fatherhood Matters panel discussion

So inspiring, thank you! I'll be triggering change at work for sure, thank you for all the tips on how to achieve the right outcomes!!

I just attended the Fatherhood Matters Part 2 panel discussion and it was one of the most incredible discussions I've ever heard, it was really inspiring. Thank you for organising. I would love to be able to share it with the fathers I know to start those conversations.

I just wanted to share how inspiring it's been hearing Han-Son, Elliot and Michael. I've smiled often and there's been times I've had a tear as it resonates so much with the struggles my husband has experienced in order to support the parenting of our two monkeys 50/50. Thank you so much

Thanks for hosting a really great talk, and a subject that is close to me as a 'new-dad', and one that I think companies have been given a huge opportunity to resolve the issue of work:life balance given remote working.

Prioritising time with kids and being open about that rather than apologising to colleagues was so liberating. No more jacket on the chair and sneaking out

THANK YOU, this change is essential

I wish my husband had joined that webinar

Fabulous insights from the panel. Really inspirational stuff and lots to think about.