

LOCKDOWN 3.0 -BOUNDARIES MATTER



**EDUCATING
MATTERS**

"Parents are a child's first and most important teacher"

INTEGRATING WORK & HOME

Finding ways to effectively 'balance' our work and family life is not a new challenge. Yet boundaries probably feel more blurred than ever during this pandemic, particularly now that our kids are back at home again!!!!.

We may find ourselves having days where we feel we are not doing well with work or in our personal life - and perhaps worse, have no control.

This session provides practical tips to juggle competing priorities and identities, so that we can bring our whole self to work and carve out time for our family and ourselves.

SESSION OUTLINE

- The main challenges parents & carers are facing
- Know your values
- Practical tips for managing and prioritising time
- Setting boundaries
- Defining roles at home
- Self-care

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the seminar
- Open forum for questions and discussion

RACHEL VECHT (SPEAKER)

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and private sector. She has also worked as a University mentor and lecturer to student teachers. Over the past 19 years (in addition to becoming a mother to 4 children), she has written and delivered 'Educating Matters' seminars to tens of thousands of working parents in the corporate and public sector. She also privately delivers a ten week 'Positive Parenting Course' covering more general parenting issues, speaks in schools and offers one-to-one consultations to parents globally.