

BOUNDARIES MATTER- POST COVID



**EDUCATING
MATTERS**

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

INTEGRATING WORK & HOME - BACK TO NORMALITY

Finding ways to effectively balance our work and family life is not a new challenge. Yet boundaries probably felt more blurred than ever during this pandemic, particularly since so many of us have been working and living in the same place. We may have had days where we felt we were not doing well with work or in our personal life. There has been a strong feeling of intensity and overwhelm this past year but also considerable benefits to having a sense of autonomy over where and when we work.

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. It will also provide an opportunity to explore effective ways to transition back to 'normality' and hold onto the positive aspects and experiences of this past year.

SESSION OUTLINE

- Reflections on the positive aspects of WFH and what we can carry forward
- Understand your why/ purpose
- 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 20 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, offers one-to-one consultations to parents globally and comments on parenting for the media. .