

WORK-LIFE INTEGRATION

BOUNDARIES MATTER

Parents often have days where they feel they're not doing well at work or at home. This session provides practical tips on how to take back ownership and develop and implement strategies not just to manage but also to feel empowered by the additional skills parents bring to the workplace. Can offer more generic version, applicable to all employees.

PRE-PARENTAL LEAVE

Tips on pre-empting challenges, identifying key stakeholders and sources of support, planning checklist, knowing your values, managing expectations about becoming a parent and parenting styles.

DURING PARENTAL LEAVE

Reviewing what has and hasn't changed and the potential impact, planning for a smooth transition back into the business and preparing for discussion with line managers and colleagues. Establishing priorities, preparing to leave your child, childcare options and self-care.

POST-PARENTAL LEAVE

Recognising the challenges of coming back to work and how to overcome them. Identifying new skills brought to the workplace. Managing mindset, guilt and stress. Using time productively, 'work-life merge' and the 'good enough' parent.

LINE MANAGERS MATTER

Exploring the crucial role of the line manager and equipping them to support employees.

TIME MATTERS

Having a successful career and finding time for your personal life and family, particularly for those raising children is definitely not easy. Tips to make the most of the precious time parents spend with their children at home to truly build a strong, connected relationship and ensure everyone's needs are met.

WELLBEING MATTERS

How to manage time, stress, guilt and successfully prioritise yourself and your ability to recharge. Practical tips to help employees be the very best, most authentic version of themselves whilst juggling competing priorities and identities, so that they really can bring their whole self to work and be there for their family at home.



Educating Matters were an obvious choice, and the two sessions delivered on Emotions and Motivation were brilliant. Super engaging, delivered with great enthusiasm and humour, and to me, it felt like chatting to a really knowledgeable friend! Would absolutely recommend Educating Matters.

