## Work Life Integration

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| **Boundaries** | Parents and carers 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** | Exploring the crucial role of the line manager and equipping them to support employees. |
| **Time** | 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** | 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. |

"I really am quite blown away by the real difference you have made to one little relationship. Massive thanks to you."

Santander

**Educating**Matters