

Boundaries Matter

Integrating Work & Home

Finding ways to effectively 'balance' our work and personal lives is not a new challenge. Yet boundaries probably feel more blurred than ever during the pandemic. 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.

In order to be our most productive and creative, there is a need to manage time and successfully prioritise ourselves and our ability to recharge.

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 personal lives.

Session Outline

The life satisfaction wheel

Know your values

Practical tips for managing time

Setting realistic 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 session

Opportunity to ask questions



Facilitator: Rachel Vecht

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and independent sector. She has also worked as a University mentor and lecturer to student teachers.

In 2001, she founded Educating Matters, in addition to becoming a mother to 4 children. She has supported and guided tens of thousands of working parents in the corporate and public sector globally.

She also delivers online parenting courses, speaks in schools, offers one to one consultations to parents globally and comments on parenting for the media, podcasts and blog posts.