

# Thriving Carers Matter

## Practical tools for carers and supporting colleagues who are carers

It is likely that at some point in our lives we will all spend time caring for someone or being cared for. Perhaps this is you right now? Managing our caring responsibilities alongside work could become a significant part of our lives. The physical, mental and emotional impact is not to be underestimated.

As carers, managers, colleagues and friends it's important to know about the impact of working and caring. The good news is that there are things we can all do to ensure that together we can care and thrive.

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### Session Outline

- Who are carers?
- What are the challenges for working carers?
- What do we need in our toolkit to build resilience and thrive in our caring roles?
- How can we all make that happen?
- Your next steps

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### Session Includes

- An engaging presentation drawing on the lived experience of caring & supporting carers
- A safe, confidential space. Share with and listen to your peers
- The opportunity to draw on your own resources and chose the takeaways that work for you.



### Speaker: Suzanne Bourne

Suzanne is an International Coach Federation certified coach. She has worked for many years in the field of peer support with an expertise in creating a safe online space for peer support. Her work includes supporting people living with long term conditions but it is her passion for seeing carers step into their full potential that is the focus of her current work. She is the co founder and Head of Carer Support for a service that provides 11 coaching, virtual cuppas and an online peer support community for carers. As mum to 2 teenage girls and carer to her husband Matt, diagnosed with Young Onset Parkinson's 18 years ago, she holds a big focus on quality of life. The family motto is do things while you can in a way that works for you!