

Caring Matters

Juggling Working and Caring	<p>Juggling the demands of work and caring can be challenging. How can carers meet these demands with self-compassion, letting go of perfectionism, setting boundaries and talking about caring roles and support needs?</p>
Carers' Rights	<p>It is up to individuals whether or not to tell employers they are carers. This workshop explores what sort of support you are entitled to by law, how to find out how to access this, what other support might be on offer, and the pros and cons of disclosing a caring role at work.</p>
Talking About Caring	<p>It can be difficult to talk to managers or colleagues about what it's like to be a working carer. This workshop helps to prepare yourself by thinking about: what you would like your manager/colleagues to know, what support you need to thrive at work and career goals to be successful as a working carer.</p>
Thriving Carers	<p>This session assists employees with managing difficult emotions and cultivating self-care through practical strategies, tools and techniques aimed at preventing burnout and nurturing self-care without guilt, empowering carers to thrive both at work and caring.</p>
Managing Workloads	<p>Too many demands on time is a common experience for working carers. This session explores how to feel more in control, overcome feelings of stress and overwhelm, build in accountability and support, set distraction-free time aside to focus on specific tasks or projects, make a plan and stay motivated to stick with it.</p>
Sandwich Carers	<p>An increasingly common caring situation is caring for children and perhaps supporting parents, grandparents or other older relatives and friends. This workshop looks at the additional challenges this dual role brings, the support and strategies that can help, with a particular focus on roles and boundaries, saying no and asking for help.</p>
Managing Stress	<p>Stress is something that working carers know about all too well. By understanding and recognising how stress feels, learn tools, techniques and strategies to manage it effectively by building stress "self-awareness", reframing thoughts, being proactive by working on things you can influence, and letting go of things you can't.</p>
Carers' Rights for Managers	<p>Carers have statutory rights at work, such as flexible working or time off, as well as rights to protection from discrimination. This workshop will look at how employers/managers can ensure carers are able to access these rights and how to communicate commitment to supporting carers.</p>
Reality for Working Carers	<p>With 1 in 9 employees working and caring, its crucial to understand how caring impacts people's lives, careers, relationships, mental, physical and financial wellbeing; why so many carers are reluctant to disclose their caring role at work and why so many give up work or reduce working hours.</p>

<p>Supporting Working Carers</p>	<p>The things that carers say they need and value most include recognition and validation of their role and its challenges, supportive and flexible working arrangements and having understanding managers and colleagues. Learn about the steps you can take to make your workplace carer-friendly, with a culture that welcomes, values and supports carers.</p>
<p>Coaching for Working Carers</p>	<p>Many workplace carers are 'hiding in plain sight', finding it difficult to talk to managers or colleagues about their caring responsibilities. Carer coaching can result in improved work/caring balance, better coping strategies and greater confidence to ask for help, try new things and make positive change.</p>



Speaker Bio Catherine Macadam

Catherine has experienced first-hand the physical, mental, and emotional stress of working while caring for a loved one, having been a carer for nearly 20 years and a qualified coach. She is co-Director of a social enterprise, whose mission is to coach unpaid carers to live a life they choose, where no-one need give up what's important to them to care for someone else.



Speaker Bio Katharine Collins

Katharine is an experienced coach and therapist, specialising in supporting people with minority identities, such as LGBTQ+ communities and people who are autistic. She has lived experience of caring and is co-Director of a social enterprise, supporting unpaid carers at work and in the community.



Speaker Bio Silvia Freeman

Silvia is a Wellbeing Facilitator and Consultant specialising in Emotional Wellbeing. She qualified in various modalities, including NLP Master Practitioner, EFT Practitioner, Breathwork Facilitator, MHFA and Behavioural Culture Management. She spent 11 years at Network Rail as a Health & Wellbeing Specialist, overseeing their health and wellbeing strategy.

