

Juggling Working & Caring Matters

Juggling the demands of work and caring can be challenging and many people worry that they are not doing enough at home or at work.

Around 1 in 9 working people also have a caring role, and it's not surprising that this can feel overwhelming sometimes, when you have so much on your plate. This session will look at some of the ways you can better support yourself to meet the demands placed upon you and thrive in your job and as a carer.

This session will address both how you can shift your thoughts, feelings and beliefs to support yourself better, and how you can get the support you need from others.

Session Outline

- Assessing your expectations, and letting go of 'perfect'
- Develop self-compassion
- Building assertiveness, setting boundaries and saying no, asking for help
- Talking to your manager or colleagues about your caring role

Session Includes

- Different approaches you can use to better juggle the demands of work and care
- Opportunities to share experiences with others who understand, to give and receive support and validation using coaching approaches
- Learn and practice techniques that you can take away



Speakers: Catherine Macadam & Katharine Collins

As co-directors of a social enterprise for unpaid carers, both have experienced first-hand the physical, mental, and emotional stress of working while caring for a loved one, are qualified and experienced coaches and are passionate about using coaching to transform carers' lives. Catherine's background is as a coach and OD consultant in the public and third sectors. Katharine also works in private practice as a coach and therapist and has particular experience working with LGBTQ+ and neurodiverse people.

