



Support and Engage Employees Globally

Enhance Employee Wellbeing

Successfully Integrate Work and Life

Parenting • Caring • Mental Health • Wellbeing • Female Health • LGBTQIA+
Neurodiversity • Disability • Social Mobility • Intergenerations • Allyship

Who we are

Established in 2001 by Rachel Vecht: 30 years of experience as a schoolteacher, parent educator & mother of four.

Our team includes:

- Teachers
- Therapists
- Organisational psychologists
- Coaches
- DEI experts
- Drs

All speakers deliver in a very practical, interactive, energising way with lived experience of the topics they address.



What we do

We work with:

- Diversity, Equity & Inclusion teams
- Learning & Development
- HR & Wellbeing
- Employee Resource Groups/
Networks

We bridge the gap between work and life through:

- Seminars
- Panels
- Webinars
- Videos
- 1-2-1 clinics
- Curated resources
- Workshops
- Consultancy



Some organisations we have worked with



Why Educating Matters?

Our mission is to help organisations create a safe, inclusive workplace culture and community. So employees are able to show up as their authentic selves, regardless of personal circumstances: age, gender, ethnicity, religion, caring responsibilities or sexuality.

Benefits For Employers

Bespoke, tailored approach to gain context, brainstorm best practice and facilitate **cultural change**

Understand employee needs and **address barriers** to successful integration of work and home life

More **focused, engaged, productive, loyal & motivated** employees

Enhanced image as a forward thinking 'Employer of Choice', creating an **inclusive**, supportive, open culture

Authentic opportunity for **intersectionality** across different employee networks and forum for connection, irrespective of seniority

Attract, support and retain talent

Benefits For Employees

Engaging, interactive, empowering sessions

Practical, realistic advice and resources from experts with lived experience

Point of contact for any future issues or queries

Improves work-life integration and wellbeing: enabling employees to **maximise time** at work, time with family and time for themselves

Promotes an ongoing internal **network of support** for employees to share experiences, build peer support, increase confidence, clarity and purpose

Normalises common issues, reduces stress and feelings of **overwhelm or guilt**

Facilitates a more **inclusive, supportive, open, respectful workplace culture**

Testimonials



“A personal and sincere thank you for the vibrant, energetic and inspirational way in which you share and educate. Neurodiversity remains so misunderstood and to hear someone speak with such insight and intelligence is a joy.”



Deutsche Bank

“It really made me feel like I can do this and gave me a structure to work from. The presenter was hugely knowledgeable and I felt like I trusted her. Probably one of the best webinars on the subject that I’ve come across so far.”



UBS

Testimonials



“Rachel was very easy to talk to and quite relatable. She used experiences from her own life to put things into context and was very open and honest. She was able to give more tailored suggestions and she followed all this up with an e-mail covering the resources we had discussed. I found the whole experience extremely helpful.”


accenture

“It was a great opportunity to stop and think about the way I’m working and how others in the business are. It made me feel more able to speak about it with colleagues.”

Superdrug

Testimonials



“Thank you so, so much for an exceptional session last week! As was evident in the chat panel, the level of engagement was absolutely brilliant.”

Capgemini 

“I loved your honest and candid approach and what really stuck with me is the plethora of specific examples you have used to illustrate the practical techniques you taught us. That really brought it to life for me. All the lessons are equally applicable to work and personal relationships, so I will definitely be using them.”

 **EY**
Building a better
working world

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

 **Santander**



Our Topics

Parenting and Educating Children

Family Life

Work-Life Integration

Carers

Neurodiversity & Disability

Mental Health & Wellbeing

Personal Development

Female Health

Allyship - LGBTQ+, Race, Ethnicity

Social Mobility

Brain Health

Intergenerational Workforce

Case Studies



Problem

We have been working with Accenture since 2003, delivering webinars to support employees with caring responsibilities. During lockdown, parents in particular, were desperate for support as they struggled to juggle home-schooling and work. At first, Accenture wanted to offer to pay for tutoring children to ease some of the home-schooling responsibility from parents.

Solution

Provision of 1-2-1 consultations for 100+ Accenture parents/ carers. 30-minute slots to talk through any challenges, be that around raising and educating children or integrating work and family. Included personalised follow up with suggestions for further resources and practical tips.



Problem

Cisco launched a 'Back to Business' Network, to support any Cisco employee who had taken a sabbatical, extended leave to have a child or recover from an illness. They wanted a global, easily accessible resource with practical ideas to ease the transition back to work.

Solution

Bespoke creation of 10- module, short video series to support employees globally coming back to work. Embedded reference to Cisco policies, language and culture. Topics included: stress, guilt, saying no, time management, mindset & self-care.



Department
for Work &
Pensions

Problem

During the pandemic, DWP wanted to do more to support employee wellbeing. They needed to reach as many people as possible and recognised that employees were suffering from online fatigue, were time poor and did not want to commit to attending a full hour webinar.

Solution

Delivered a series of 30-minute wellbeing talks on topics such as: Home-schooling, Lone Parenting, Caring for Children with Special Educational Needs, Setting Boundaries & Managing Emotions, Neurodiversity, Preparing to Return, Social Interaction, Back to School Transition, Setting up for Success. Tens of thousands of DWP employees accessed these concise wellbeing talks.



Problem

In 2018, Kier reached out, as they were keen to reduce their Gender Pay Gap. 22% of staff were female and Kier looked to improve the culture for women (specifically the maternity experience), increase agile working practices and provide more support to attract and retain talented female employees.

Solution

- Parental Transition Workshops for various cohorts to cover pre, during and post maternity/ paternity stages. Delivered in conjunction with HR to address common concerns, questions and challenges.
- Work-life balance sessions to enable employees to achieve integration between work and family and progress in line with personal career aspirations.



Problem

In 2013, Page recognised the demographic of their employees had shifted significantly with a vast increase in the number of employees who were parents. Parents@Page was launched in 2015 and they wanted a partner who really understood their purpose and could support working parents.

Solution

- Annual series of seminars/ webinars on a broad range of parenting topics, delivered in offices throughout the UK, along with a dial in facility.
- 1-2-1 consultations for individuals/ couples to address any issues
- Open ended Q&A sessions for parents/ carers



Problem

Brambles is a global packaging business operating in 60 countries. They wanted accessible 'Mental Health Awareness Training' rolled out across Europe in multiple languages, addressing the needs of all business functions.

Solution

- 'Discovery Phase' with extensive interviews and analysis
- Roundtable panel discussions for the whole business
- Plant Manager and People Manger training
- Factory workers training through a series of bespoke videos with real life stories

“The presentation style was very engaging and the content was insightful at breaking down the ways in which we communicate with others. High interactivity and good examples as well as actionable learnings.”



“Fantastic to work with and delivered huge value to HSBC. The style, approach and knowledge is very impressive.”



“We had over 1500 participants dial in - we had a 99% satisfaction rate which is pretty fab! As they're a tough crowd to crack.”



Contact us

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