

# Double Parenting Dynamics Matter

Balancing the increasing personal responsibility of caring for dependent children with our professional lives can be incredibly challenging. It's crucial that organisations recognise the complexities that lone (or double) parents may be facing in these situations and ensure they feel supported, valued, and respected. This session explores how leaders and managers can foster an environment where individuals don't have to choose between their professional commitments and personal wellbeing. By understanding the unique needs of 'double' parents, leaders can create a more empathetic, resilient, and productive workplace. You will be able to start equipping key colleagues with the insights needed to create a more inclusive and compassionate workplace for employees managing personal parenting responsibilities alongside their professional roles.

## Session Outline

- Emotional and practical aspects of double-parenting
- Unique challenges of lone parents
- Pressures in the workplace
- Beyond workplace policy into practice
- The role of line managers
- Building compassionate support networks

## Session Includes

- A comprehensive presentation
- A safe space
- An opportunity to ask questions



### Facilitator: Caroline

In 2018, Caroline's husband of 18 years took his own life without warning. Their children were just nine and two. Following this tragedy, Caroline combined her lived experience with her extensive internal communication skills to promote better support around suicide prevention. She offers guidance through engaging sessions that inform and educate organisations on the difficulties faced by double parents who are also in work.

Caroline is an accredited Level 3 Expert by Experience practitioner, mentor and the author of the best-selling book, 'Daddy Blackbird, the true story of a family surviving and thriving after loss by suicide'. Caroline's experience has defined her mission to empower others, whether they're individuals who have faced similar challenges or organisations committed to promoting and protecting the mental health and wellbeing of their workforce.

# Double Parenting Dynamics Matter

Balancing the increasing personal responsibility of caring for dependent children with our professional lives can be incredibly challenging. It's crucial that lone (or double) parents in these situations feel valued, and respected at work, and that they are able to articulate and communicate the support they need. We'll provide a space for attendees to share their own experiences, tips, and challenges related to balancing work and parenting responsibilities. This session can also act as an informal communication channel between staff and the organisation, allowing for general feedback and addressing concerns where appropriate.

We will cover some of the common hurdles to overcome as a lone (or double) parent beyond the workplace too, as well as some of the less frequent issues that are discussed. Attendees will be left with realistic tools and practical strategies to help and to feel more confident in their role as a parent.

## Session Outline

- Emotional and practical aspects of double-parenting
- Unique challenges of lone parents
- Pressures in the workplace
- Being more vocal about individual needs
- Managing overwhelm and burnout
- Building compassionate support network

## Session Includes

- A comprehensive presentation
- A safe space
- An opportunity to ask questions



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