

# Evolution of Families Matter

The shape of the family seems more diverse than ever. Family structures today reflect a wide array of makeups, including: solo parents, same-gender parents, children caring for parents, and chosen families. These evolving dynamics influence daily life and workplace interactions, yet they are often overlooked or misunderstood.

In this session, we will explore the truth behind whether and how family structures have changed over time and the unique challenges and strengths they bring. We'll discuss how to use inclusive language to reflect this diversity, consider how these dynamics may appear in professional settings, and share practical ways to create spaces where everyone feels recognised and supported.

By understanding and celebrating all types of families, we can create environments that value every individual's lived experience.

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## Session Outline

- Understanding family over time
- Explore family structures
- Inclusive language and families
- Impact of family dynamics in workplace settings
- How both show up at work
- Steps to create supportive environments

## Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.