

Single Parents Matter

The landscape of single parenthood is diverse, with each parent navigating a unique journey. Whether you're co-parenting, raising children without support or managing the grief of losing a partner while staying strong for your kids, the experiences of single parents are as varied as they are complex. In this session, we'll explore the different paths single parents walk and the unique challenges they face.

We'll also dive into how the stories we tell ourselves about single parenthood can shape our experience and how we can rewrite these narratives to be empowering and uplifting. We'll discuss practical strategies for overcoming loneliness, managing overwhelm, avoiding burnout, building a strong support network and making confident decisions to thrive in your role as a parent.

Session Outline

- The landscape of single parenthood
- Challenges unique to single parents
- Rewriting the single parent stigma narrative
- Overcoming loneliness
- Managing overwhelm and avoiding burnout
- Building a support network
- Confident decision making

Session Includes

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

Facilitator: Orla



Orla draws on her own experience as a single parent, working with both individuals and organisations to create more inclusive, supportive workplaces for single parents. Her focus includes work-life integration, crafting policies that accommodate single-parent employees and the importance of fostering inclusive leadership across organisations. Through her work, Orla equips organisations with the tools they need to better support their single-parent workforce, creating a more balanced and equitable work environment.

As the host of a Single Parent podcast, Orla offers invaluable insights and actionable advice on managing the emotional and practical aspects of single parenting, helping others to reclaim their personal and professional lives.