

DO
HOW **YOU** **IT**
DO

Career. Family. Organisation.
Making it work.

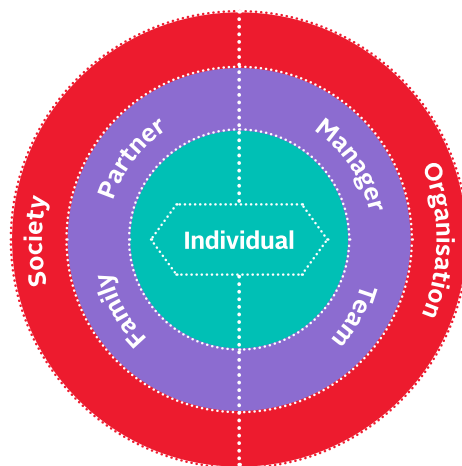


ABOUT HOW DO YOU DO IT

How Do You Do It is a specialist international coaching company, founded in 2006. Working with individuals, their managers, and the wider organisation, we enable working parents and carers to successfully navigate their dual roles at work and home. Our virtual and face to face group coaching programmes create powerful long-term support networks, role models and mentors and facilitate the sharing of best practice across an organisation to develop inclusive and supportive work environments.

Through flexible programmes tailored for each client, we help organisations to achieve long term behavioural change that supports the attraction, retention and progression of diverse talent.

"It was nice to be able to walk away with strategies I can implement. Working on the 'how' was a breath of fresh air!"



Working at three levels our programmes support:

INDIVIDUALS to:	MANAGERS to:	ORGANISATIONS to:
<ul style="list-style-type: none"> • Talk openly about the challenges of being a working parent or carer and share ideas to address those challenges with others in a similar situation. • Develop strategies and skills for combining ongoing work and life responsibilities with clarity and confidence. • Feel empowered and equipped to make it work their way at different stages of career and family lives. • Gain a relevant and supportive network within their organisation, which can be accessed during the sessions and beyond. 	<ul style="list-style-type: none"> • Talk openly with other Managers about the challenges of managing parents, carers and flexible work. • Increase understanding of the difficulties commonly faced by working parents and carers. • Share strategies and best practice from across the organisation to address the challenges of managing working parents and carers. • Gain skills and strategies for successfully managing remote teams with flexible working patterns. • Understand the keys to making it work successfully for working parents and carers with the aim of maximising their performance in the workplace. 	<ul style="list-style-type: none"> • Retain and progress diverse talent. • Experience greater engagement and loyalty from coaching beneficiaries. • Benefit from consistent and confident management of working parents and carers across the organisation. • Smooth the transition back to productive work for employees after a period of leave. • Create impactful role modelling that demonstrates the many ways people can 'make it work'. • Facilitate cultural change. • Support attraction of top talent and reputation as an employer of choice.

"Promotes a trusting and confidential environment whilst maintaining a focused and professional structure to the sessions. Well done!"

OUR CLIENTS

Allens & Linklaters

Allianz

BBC

Coca-Cola

citi

Deloitte.

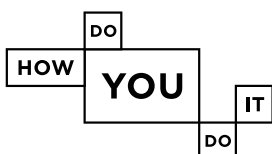
OUR PROGRAMMES

All our group and 1:1 coaching is designed for delivery on virtual platforms (such as Zoom, Webex and Microsoft Teams) or in person. Ranging from in depth programmes to one off sessions, and supported by e-learning modules, we provide a tailored approach for each client based upon their objectives and size.

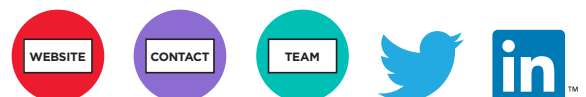
“The Zoom call worked brilliantly – I still felt like you were in the room with us. The breakout groups worked really well too.”



LIFE STAGES			
	BECOMING PARENTS	BEING WORKING PARENTS. RETURN, STAY AND PROGRESS	ANY LIFE STAGE
VIRTUAL AND FACE TO FACE COACHING	Pre-parental leave group & 1:1 coaching	Post parental leave group & 1:1 coaching for mums, dads & mixed groups	Working carers group & 1:1 coaching
	Managing working parents group coaching for leaders	During parental leave 1:1 coaching for new parents	Managing flexible & remote teams group coaching for leaders
			Managing working carers group coaching for leaders
			Post career break group and 1:1 coaching
	Consulting and bespoke programmes		
E-LEARNING	Pre/during parental leave e-learning	Managing working parents e-learning	Managing flexible teams e-learning
LARGE GROUP PANEL SESSIONS		Working parents	Working flexibly
			Gender parity



FIND OUT MORE



OUR CLIENTS

fieldfisher

GPT
The GPT Group

HERBERT SMITH FREEHILLS

KING & WOOD MALLESONS

Microsoft

UBS