

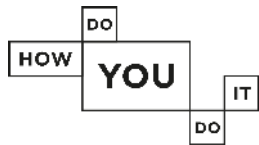


GETTING BACK TO MYSELF

Short course for parents of school age children

Parenting during the pandemic has seen working parents pulled in a myriad of directions as the demands and uncertainty of home schooling, being furloughed and losing access to valued support networks; on top of dealing with the grief that many have suffered have all taken their toll.

Our '*getting back to myself*' workshop is a short course aimed at the parents of school-aged children in our client organisations who may be feeling disorientated about their career expectations and place within the business after a turbulent year. Tailored for the needs of each group, this short course looks at elements such as values, building confidence and re-establishing goals to help working parents evaluate and re-discover their career mojo after a year of disruption and anxiety.





RESULTS FOR WORKING PARENTS

- Re-establish boundaries that reflect the new reality of their working pattern and childcare options
- Re-discover career goals and the paths to achieving them
- Examine their values and how these align to their current work and home set up
- Regain confidence after a year of turbulence

