



**CAREER. FAMILY.  
ORGANISATION.**  
MAKING IT WORK.

## **CARERS RIGHTS DAY**

**Complimentary coaching for working carers**  
**Thursday 21st November, 10.30am - 1.00pm**

For Carers Rights Day and to acknowledge the huge contribution made by working carers, we are offering complimentary places for up to 15 people with caring responsibilities to sample our coaching workshop for carers.

### **EVENT OVERVIEW**

Being a working carer brings a unique set of pressures that often go unrecognised at work. However, with over four million working carers in the UK, it is clear there's a real need to ensure support is in place to help carers integrate their careers with managing their responsibilities at home.

Our practical workshop based upon first-hand experiences of the challenges involved is tailored specifically to the needs of carers within the workplace. We would encourage you to choose a representative who will gain personal value from it and will be able to provide feedback about the relevance of this support in your organisation.

#### **Attendees will benefit from:**

- The opportunity to talk openly about the challenges of combining caring and career, as well as the chance to share and be offered strategies to address these challenges constructively.
- Developing additional strategies and options as well as greater confidence to make things work as effectively as possible for their circumstances.
- Meeting a relevant support network of other working carers.

#### **Organisations will benefit from:**

- The opportunity to sample one of our flagship courses at no cost.
- The chance to find out more about our style of working and programme content.
- Gaining valuable feedback from your own employee about our courses and how they may fit with your employee support programmes.
- A chance to show support for working carers on Carers Rights Day.

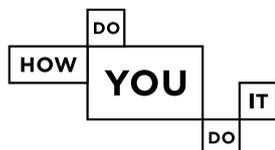
### **TIMING AND LOCATION**

The coaching workshop for carers will be run on **Thursday 21st November from 10.30am-1.00pm**. Registration is from 10.30am and the course will start promptly at 11.00am. **Venue: Allianz - 60 Gracechurch Street, London, EC3V 0HR.**

For further information or to reserve a place, please contact **Debs Ingham** (debs.ingham@howdoyoudoit.com, 07530 298 067).

### **ABOUT HOW DO YOU DO IT**

How Do You Do It is an International coaching consultancy, established in 2006 to support the retention and progression of diverse talent. Specialising in group coaching programmes that maximise support networks and shared learning both during and after the course, we work with carers, working parents and leaders to drive lasting change. By focusing upon the whole person and how they navigate their career and family responsibilities, How Do You Do It enables individuals to thrive and organisations to benefit from the broadest talent pool.



**FIND OUT MORE**

