



Career. Family. Organisation.
Making it work.

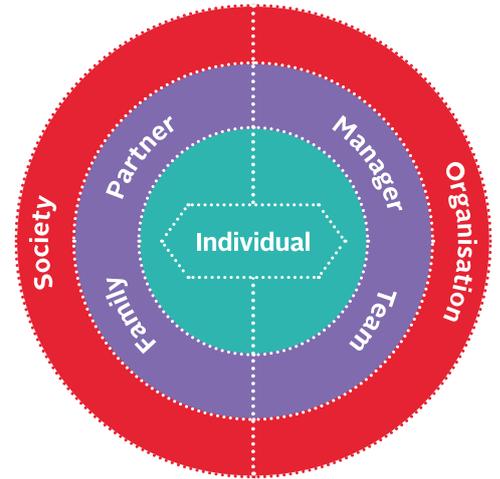


ABOUT HOW DO YOU DO IT

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 flexible approach, tailored for each client, uses a mix of virtual and in-person group and 1:1 coaching, supplemented with e-learning modules. We enable powerful support networks and best practice sharing, helping organisations to achieve long term behaviour 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:

- Talk openly about the challenges of being a working parent or carer and, on our group programmes, share ideas to address those challenges with others in a similar situation.
- Discuss in depth their unique family and career dynamics during tailored 1:1 coaching sessions with coaches who are experts in supporting working parents to find their version of success.
- 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.
- Through group coaching, gain a relevant and supportive network within their organisation, which can be accessed during the sessions and beyond.

Managers to:

- 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.

Organisations to:

- 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 PROGRAMMES

CAREER. FAMILY. ORGANISATION. MAKING IT WORK.

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."

