



Our inspirational and practical Quickbite™ and Knowledgebite™ seminars, workshops and webinars raise awareness and share practical, evidence-based tools and tips, building skills, engagement and performance across all life-stages and at all levels in the organisation.

Quickbites™ for employees

Support for parents and carers

- Balancing work and being mum
- Balancing work and being dad
- Balancing work and being a carer of an elderly or disabled loved one
- Balancing work and being the parent of a disabled child
- Top tips for highly effective working parents and carers
- Finding the guilt-free ways to be a successful working parent or carer
- Family harmony and the working parent

High performance, flexible working

- Flexible working – the essentials
- Flexible working – essential conversations at work and at home
- Career confidence for flexible workers
- Successful working in virtual teams

Maximising resilience and high performance

- Working smart! Maximise your energy and your time
- 5 golden keys for high performance
- Balancing Life
- Getting to grips with unconscious bias
- Building resilience
- Resilience through Mindfulness

Knowledgebites™ for managers, leaders, HR business partners

Designed for time-pressed leaders, managers and HR professionals, each Knowledgebite™ shares the very latest evidence-based solutions with expertise developed during 35 years of practice and experience.

- Leading high performing flexible teams (for managers/leaders)
- Developing and supporting high performing flexible teams (for HRBPs)
- Supporting employees through the transition to parenthood (maternity, paternity, shared parental leave)
- Engaging parents in the workplace
- Engaging carers in the workplace
- Emotional engagement and building trust

Delivered by a team of highly experienced associates who are acknowledged experts in their field, these modules work on their own or as an introduction to a more comprehensive programme of work to catalyse the shift in mindset, behaviour and knowledge.

The content of each Quickbite™ and Knowledgebite™ can be tailored specifically to your needs and the format is flexible and versatile: they can be delivered as workshops, seminars or webinars.

For more information, please contact: Kirstie Axtens, Head of Employer Services at:

Kirstie.axtens@workingfamilies.org.uk
www.workingfamilies.org.uk

Working Families is a registered charity in England and Wales no. 1099808 | Scotland no. SC045339 | Company no. 4727690 | VAT Registered No. 841 6524 32.