



Working Parents Wellbeing Workshop

Helping working parents with their work/life balance and wellbeing

Why is it important?

A report issued by Relate, the relationships charity, showed that work pressures overlap into family life, and relationships and wellbeing are under strain from stress and overwhelm from trying to balance work and family. Parents are struggling, and it's impacting their wellbeing, and the businesses that employ them.

How will this help?

I developed a coaching course specifically to help working parents, and the free workshops are based on this course. It's not about parenting skills, or teaching people how to become a better parent. The focus is on wellbeing, work/life balance, and family relationships, to help parents (and the rest of the family) to be happier and healthier. The key outcomes are:

- Feel more in control
- Less overwhelmed
- A better work/life balance
- Less stress and anxiety
- Happy, healthy family relationships

What does it involve?

These workshops are part of a bigger mission, to help people to have a happier experience of life and work. They are provided for free in partnership with employers, schools or parent groups. All we need is a space to work together, and support from schools or employers to promote the workshop and encourage attendance.

Who is the facilitator?

I've been a working parent for 25 years, so I understand the challenges, whatever the age of the child. Since changing career to become an accredited Life Coach, I've worked with mums and dads who have been trying to balance work and family, often in unfulfilling jobs, and nearly always at a cost to their wellbeing and their relationships. I've seen how people can change this with the right support, and this is why I offer this workshop for free.

Your support in bringing this to working parents is appreciated, you join me in my commitment to helping people have a better experience of life. I can only offer a limited number of these free workshops, they aren't funded so they are run at a cost to the business, but I believe they are important. Please get in touch to find out more. Thank you.

Ruth Randall