

WEBINAR:

FINDING THE RIGHT BALANCE

Supporting employee work-life balance for parents and carers

Identify how to create a better work / family balance that is unique to you

This 90-minute webinar is for parents and carers who may feel overwhelmed, stressed, tired, or guilty and want to take control of their life, along with others going through the same thing.

Come with an open mind and be ready to embrace new ways of thinking about your work and family balance.

Includes:

- Your Wheel of Life: what is going well, what isn't and how to prioritise improvements
- Identifying your personal values: understand what drives you in life and how you can live your values to feel happier
- Your transferable skills: what you do as a parent or carer which helps you professionally and how to maximise these skills in both your key roles.
- Panel discussion; hear from colleagues how they personally get a healthy work/family balance; take away and share your own practical tips.

TUESDAY
24th JANUARY
2023

10 am - 11:30 am
(GMT)

Join our event hosted by an expert life coach and a panel of speakers from across The Vita Group.



**SCAN THE QR CODE
TO REGISTER**



Women at Vita, Everywhere



A WaVe event as part of BYBL