

Company Workshops to support parents



With Sarah Maconachie- Work Hard Parent Hard

I am Sarah Maconachie, a Mindset coach for parents and teens. With a degree in Psychology and 3+ years of coaching experience, when I returned to work after having children myself I found a huge gap of support that is desperately needed for working Parents.

- When we have children, we change. What worked in our career before may not work anymore, so we need to redefine our purpose and what we want/ need in our career.
- Parenthood constantly changes. We just get into a routine and then everything changes again, and again and again. We are not built for constant change so this can be very overwhelming.
- We are juggling so much. Working, parenting, being a good partner, friend, oh and keeping a house in order. It's so easy to feel overwhelmed, stressed and totally burnt out.



As an organisation, what are you doing to support your working parents?

Empowering Working Mothers: Cultivating Mindset, Efficiency, and Purpose in the Workplace. Outcomes: (2 hour workshop)

- ✓ A deeper understanding of the concept of self-awareness and how our own thinking impacts our results in life
- ✓ A redefined purpose and a clear image of what mothers want and need to create a balance between juggling motherhood and career.
- ✓ How to work smarter rather than harder. How to increase productivity and results whilst getting more time back in their day,
- ✓ An Introduction to understanding their limitations and beliefs and having the ability to identify what is holding them back.
- ✓ An opportunity to reflect on what is working well and what needs some work. What areas of life they are thriving in and where they need more support and help.

\$1995 + GST per 15 participants

Fatherhood Reinvented: Empowering Dads to Thrive with Purpose, balance, and flexibility. Outcomes: (2 hour session)

- ✓ A deeper understanding of the concept of self-awareness and how our own thinking impacts our results in life
- ✓ What does fatherhood look like for them? What do dads want and need to create balance between fatherhood and career.
- ✓ An Introduction to understanding their limitations and beliefs and having the ability to identify what is holding them back.
- ✓ A deep dive into biases and stereotypes and how to address and remove those boundaries
- ✓ Managing mental health and awareness of burnout. What areas are working well in life and what needs support and help.

\$1995 + GST per 15 participants

Leading Change: Empowering Leaders to Foster a Parent-Friendly Workplace. Outcomes: (3 hour session)

- ✓ How to foster change across an organisation and what it takes to change a culture.
- ✓ Identifying individual boundaries and limitations across the leaders and how this can affect the implementation of change
- ✓ A deep dive into biases and stereotypes and how to address and remove those boundaries
- ✓ An understanding of the company benefits and creating synergy across the leadership team to thrive.
- ✓ How to create support for working parents and to identify signs and signals of challenges from employees.

\$2995 + GST per 15 participants

For more information visit www.workhardparenthard.com.au or email Sarah directly on sarah@workhardparenthard.com.au