



It's all about You!

Steps to Career Success and Family Harmony

*Elaine Halligan from The Parent Practice
gets you back to work*

IF THE TIME HAS COME TO STEP OUT INTO THE
WORKPLACE, THE PARENT PRACTICE CAN HELP YOU

Are these questions running through your mind:

- * What am I good at?
- * What type of work do I really want to do?
- * Have I got the skills or do I need to retrain?
- * How to juggle work with busy family life & feel balance still feel a sense of balance?
- * Is it possible to find a role which fits with school times?
- * Do I set up my own business, and if so, how?
- * How can I carry on being the parent I want to be if I'm working?
- * Will I be failing my children if I'm not giving them all my attention?
- * How do I persuade my employer to take me back after maternity leave on terms that work for me?

Making the leap back into work after a gap to have and bring up children can be daunting. The landscape is different, and after time at home many mums lose their self confidence and belief about what they are good at and how they will balance all aspects of life. Ask them to organise the household and lots of people in it at any one time – no problem – but the thought of attending an interview, a business meeting or choosing what to do career wise when priorities are now so different can feel like a daunting prospect.

This is no recent phenomena and the latest literacy offering from NY author **Meg Wolitzer** with “**The Ten Year Nap**” summarises the dilemma of returning to work beautifully. **Is simply being a mother enough? Is it possible or even desirable to have it all, to be an attentive mother, a loving wife and a successful professional? How do you re-enter the market place after the gap period.**

“Workshops help mums to take stock of their situation, look at their options and start to make choices which align with their personal values.”

At The Parent Practice we acknowledge that in order to be an effective parent and prevent parental burnout you do need to look after yourself and your needs - think of yourself as a chequing account which if it is continually overdrawn will be always in the red. Your resources need to be replenished in order for you to be most effective and efficient as a parent. The interesting thing is that when we start to look after ourselves, we become more able to put our parenting skills in place and be in charge.





Vitty Robinson attended the first workshop series last Autumn, after gaining great results on a Parent Practice positive parenting course. When asked what she gained from the workshop she said:

"Ultimately, I have gained a new career in photography. Initially I acquired the confidence and self belief to follow a dream which I had tucked away as not being possible. ... The course helped me realise how important it was for me to leave a legacy and be an inspiration to my daughters ...I gained a deep understanding of my priorities and values in life and using them as a reference point helped me to make the decision to train as a photographer much easier.

In each workshop I learned frameworks and tools which help guide me through issues, as well as those of friends and family. No one tells you what to do – I realise now we all have the answers, we just need to ask the right questions! I also gained friends and a wonderful support network of like-minded mums – and we're sharing in each other's successes and supporting through challenges."

"Is simply being a mother enough? Is it possible or even desirable to have it all, to be an attentive mother, a loving wife and a successful professional? How do you re-enter the market place after the gap period?"



www.theparentpractice.com
E: admin@theparentpractice.com
Tel: 020 8673 3444
For more information on courses please contact us as above.

MAXIMUM WORKSHOPS FOR MAX EFFECT

Frances King, of Coach for Performance has been running '**MaxiMum**' workshops with The Parent Practice for over a year. The workshops have helped many mums get answers to those types of questions – with other like-minded mums. The workshops help mums to take stock of their situation, look at their options and start to make choices which align with their personal values. They leave equipped with the tools and understanding to take steps which works for them, and in the process often report feeling calmer and happier at home with the family.

Highly practical, the workshops enable people to bring different issues to move forward with – from helping them to decide whether and how they return to work; or juggling the many and conflicting demands of life in a more effective way; or understanding themselves and their priorities better to better deal with the situations that life throws them.

Inspired by the feedback from delegates and the demand for more, Frances has created a suite of 12 modules to help mums maximise their efforts in areas such as: time management, building confidence, goal setting, overcoming overwhelm, personal values and building a positive mindset.

If you'd like to attend the next workshop, or a complimentary taster session please contact The Parent Practice.

Free life coaching taster session London
Wednesday 11th November 10.45 - 12pm.
Spaces limited so do book and reserve your place as soon as possible.

The life coaching weekly course 'Forget about the kids. What about me?' is planned to commence Thursday 14th January 2010 for 4 weeks: 10.45 - 12.45pm