



Support your working parents

Employee Wellbeing

Creating a happy, healthy and productive workplace starts with supporting people to be their best at work and in life.

For working parents, juggling the demands of work, parenting as well as life's everyday challenges can have a significant negative impact on their mental health, physical wellbeing and performance.

To help working parents successfully navigate work and home life, Dr Rosina McAlpine has developed a 6-month Family Wellbeing Program to support parents and carers raising children 18 months to 18+ years.

What is the Family Wellbeing Program?

More than a one-off session – our comprehensive 6-month program provides employees with practical solutions and ongoing support to enable them to embed sustainable wellbeing practices into family life.

Each month employees develop their knowledge and skills with:

- LIVE 30-minute Webinar with Q&A, and
- On-demand access to our Family Wellbeing Resource Centre with:
 - Webinar recordings
 - Podcasts (audio version of the live webinar)
 - Summary handouts
 - Articles on key parenting topics

**24+ WELLBEING RESOURCES including
3+ HOURS OF LIVE AND RECORDED SUPPORT**

Some of the program benefits

- Reduce parenting stress
- Practical solutions for juggling work and family
- Flexible on-demand access to support
- Cost-effective program

Cost

This cost-effective program is only \$3,800 +GST for up to 500 employees for the live webinars – unlimited number can access the Resource Centre.

**EOFY
Special**

Book the program by **31 May 2021**
for access to the June
**FREE BONUS Live Webinar and
Resources**





How the program works

The family wellbeing program starts in July 2021. However, if you book before May 31 you will receive a bonus Free Webinar + resources in June. Upon purchasing the program your organisation will receive a link to share with employees. Employees register once and will receive monthly notifications for the upcoming live webinar. Employees can choose to attend live and ask questions or access the replay in the Resource Centre at a time that suits them. The Resource Centre provides ongoing learning and 24/7 support for the duration of the program.

6-Month Program Overview

Date	Time	Topics
15 June	12:00 pm (AEST)*	Bonus Webinar – Getting Organised: Strategies for managing work and family Bonus Session if booked by 31 May 2021
13 July	12:00 pm (AEST)	Avoiding Burnout: Self-care for working parents and kids
17 August	12:00 pm (AEST)	Family Wellbeing: Nutrition, exercise and sleep
14 September	12:00 pm (AEST)	Managing Screen time: Simple strategies for the whole family
12 October	12:00 pm (AEDT)	Nurturing Family Positivity: Supporting mental health at home
16 November	12:00 pm (AEDT)	Building Resilience: Navigating life's ups and downs
7 December	12:00 pm (AEDT)	School Holidays: Tips to make the most of the holiday period

* 10am AWST, 2pm NZST

How to make a booking

For more information about the program or to make a booking, please contact Dr Rosina by email: DrRosina@WinWinParenting.com or phone on 0407 101 264