

## SUPPORTING WORKING PARENTS TO BE THEIR BEST AT HOME AND AT WORK.

At Lendlease we understand that navigating the work-family interface can be a challenge for working parents. If things are not going well at home that can have a negative impact on employee wellbeing and result in a negative spillover effect in the workplace.

According to the Australian Psychological Society's Stress and Wellbeing in Australia Survey (2014), for working parents, 45% of stresses are due to family-related issues.

**We want our working parents to succeed at home and at work.**

To help working parents and carers manage the day-to-day issues like toddler tantrums, bullying, technology fights and even hard-to-communicate-with teenagers, we've partnered with Win Win Parenting to provide **practical support**.

**Here's an overview of the Win Win Parenting programs you can participate in:**

The Win Win Parenting program is designed to provide employees with the foundations for confident and effective parenting and ongoing support to enable long-term positive change.

- **Workshops** provide employees with practical strategies to confidently manage every-day parenting challenges using the Win Win Parenting practical 3-step, STOP. EMPATHISE. EDUCATE.® research-based approach to parenting that can be put into use at home immediately.
- **Webinars** provide parents with the opportunity for ongoing learning and support where they can practice skills, ask questions and continue their learning on many key issues parents face over an extended period of time. The webinar schedule is provided below.

**Who is this for?** The programs are for working parents raising children aged 18 months to 18 years of age. They are also helpful to employees who are grandparents, foster or adoptive parents and carers.



## WEBINAR SCHEDULE

To join the webinar program today Sign Up at this link [www.winwinparenting.com/lendlease-login](http://www.winwinparenting.com/lendlease-login)

Once you're registered you'll be able to join the upcoming live webinars and access the replays and downloadable resources from the webinars that were held earlier in the year.

13 December	Making the most of school holidays
17 January	Back to school: Starting the year on the right foot
14 February	Helping your child develop resilience and healthy self-esteem
14 March	Bully-proofing your child
11 April	Technology and children: the good, the bad, and the unknown
16 May	Thriving during the pre-teen and teen years
13 June	Raising healthy kids: nurturing good eating, exercise and sleep habits
25 July	Take care of yourself: a crucial step for good parenting
22 August	Emotional Intelligence: Helping your children manage their emotions, toddler to teen
19 September	Overcoming sibling rivalry: from combat and competition to camaraderie
17 October	Shared parenting: navigating the challenges of different approaches
14 November	Understanding the teenage brain – making sense of emotions and behaviours

## WORKSHOPS

Face-to-face workshops offer a safe and supportive environment for learning and enable employees to bond and create a positive workplace culture with colleagues who have similar-aged children. Supporting working parents to more effectively manage the work-family interface decreases employee stress and improves wellbeing. The cumulative result is increased employee focus, engagement and satisfaction in the workplace.

### Forum Style

- Fun and interactive face-to-face sessions conveniently delivered in-house at various times during the year in Sydney, Melbourne and Brisbane offices.
- Participants discuss issues and complete workbooks focusing on their parenting challenges.
- There are only 15-20 participants to maximise engagement and opportunities for individualised attention.
- Parents learn the simple and practical 3-step parenting process they can put into practice at home immediately.
- Working parents are paired up with their colleagues who have similar aged children and who share similar parenting issues. (18 months to 11 years and 12+)
- Parents can further personalise their experience by engaging with the workbook activities based on their individual family needs.



### What parents learn. During the workshop participants:

- Identify and discuss their key parenting challenges and understand they're not alone when it comes to common parenting challenges.
- Explore how confident and capable parenting supports improved work focus, morale and productivity.
- Reduce parenting guilt by busting the myth that parents should know how to parent confidently without knowledge, education and support.
- Understand the harms of harsh parenting and explore how to manage common parenting challenges with empathy and education rather than the ineffective: rewards, discipline and punishment approach.
- Learn and practice the 3-step S.E.E. Parenting approach (Stop. Empathise. Educate®) which can be applied to ALL parenting challenges from toddler to teen years.
- Develop their communication skills to strengthen family relationships and create more harmony at home.
- Explore ways parents can develop their child's key life skills including:
  - Healthy life-style: self-care, exercise, rest and nutrition (including how to support fussy eaters).
  - Emotional intelligence - how to help children calm emotional outbursts and nurture relationships. Life-
  - balance - managing stress, relaxing and having fun for the whole family.
  - The power of choice - helping children take responsibility for their thoughts, feelings & behaviours.
  - Accepting that mistakes are a part of life's learning processes.

### Here's what working parents say about the program:

- I really enjoyed the workshop, very thought provoking and makes me want to change. Home situations often impact my work day. (Lendlease)
- Extremely informative, insightful, engaging and relevant for every parent. (Google)
- Fantastic! Life skills not only for raising our children, but skills we can use with dealing with co-workers/stakeholders/clients. (Lendlease)
- Great program, really beneficial as it enhances and grows work-life balance. I wish all parents had the opportunity to learn this. (Deakin university)
- Practical, easy to remember and empowering. (ABC)

To register your interest in attending a workshop please contact Conny Donath: [conny.donath@lendlease.com](mailto:conny.donath@lendlease.com)