

MANAGING BABY AND BOSS



Being a working parent feels like the rush hour of our life. Learn how to find the right mental and practical balance between work and life without disappointing your boss nor your baby!

For many working parents, juggling family and career leaves little room or energy to focus on career development. Many dream of playing bigger in their lives and their work but don't seem to have the role models or trust in themselves to do this without failing at both. This workshop is designed for mothers and fathers who want to pursue their career aspirations whilst enjoying family life. It provides access to online materials in advance of the workshop and an opportunity to create a network of support going forward.

OUTCOMES

Using a part group coaching and a part skill building approach you will be guided through:

- How to quiet the Inner Critic and discover your Inner Mentor
- Defining your work life vision and figuring out your "calling"
- Redefining fear so that you can play big
- How to build a routine of replenishment so that you maintain your energy
- Setting and maintaining boundaries to help you grow your career whilst respecting your family and caregiving responsibilities
- Setting up a "success architecture" of support and routines that allow you to achieve any goal in a sustainable, kind-to-yourself-way

Target Audience

- Male and female managers with parenting and caregiving responsibilities
- Max. 25 participants from different Advance member companies

Format

- One day workshop (1 credit per participant)
- Additional credits can be bought for 1'100 CHF per participant
- Language: English

Registrations

- Via the member area of the Advance website

FACILITATION



Natalie Wilkins and Deborah Croft are Founders and Managing Partners of Thriving Talent. Natalie is passionate about empowering parents to thrive in career and family life; and to empower employers to lead cultural change that values work life balance and offers new ways of working. She has over 20 years of international leadership experience within learning & development and talent management across many industries. She is an executive coach and change expert, teaching MBAs on the topics of communication, career management, leadership, leading change and innovation.



Deborah is passionate about empowering parents to have the right to choose career and family life, and empowering organizations to better integrate work life in their quest to be socially responsible. Deborah has over 25 years of international industry experience, the latter 8+ years successfully running businesses focused on coaching and training leaders, team building and managing change.

Advance Skill Building for Rising Leaders

The Advance Skill Building workshops equip talented women with the core skills, capabilities and leadership mindset that are critical to climb the corporate ladder. Every workshop is also an excellent opportunity to meet peers from different Advance member companies, allowing you to broaden your business network.

For more information, please contact the Advance workshop coordinator at contact@advance-women.ch / www.advance-women.ch

