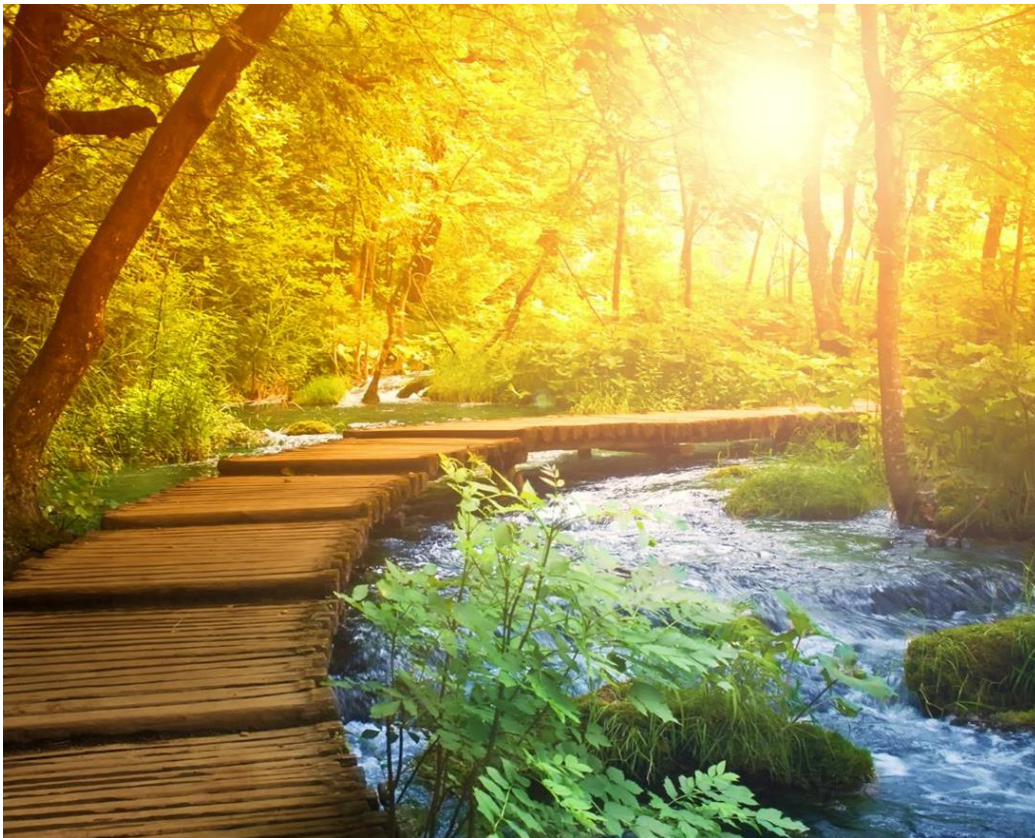


Resiliency For Working Parents Achieving Balance While Avoiding Burnout

Participant Guide



ALL RIGHTS RESERVED. This book contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without a written [or electronic notice] permission from the author.

Slide 1

Resiliency For
Working Parents
Achieving
Balance While
Avoiding Burnout



LifeWorks

Confidential, not for distribution

1

Slide 2

Definition of Resilience

- Ability to handle difficult situations
- Ability to positively adapt to any situation
- Ability to handle adversity

LifeWorks

Confidential, not for distribution

2

Slide 3

Mindset

“Why is this happening to me?”

vs.

“What am I going to do about it?”

LifeWorks


Confidential, not for distribution

3

Slide 4

Facts

- The harder we work and more challenges we face, the greater the brain develops
- How parents respond to stressors is much more important than the stressor itself
- Resiliency in parenting is not only important for the parent, but also for the child and the parent-child relationship




LifeWorks Confidential, not for distribution 4

Slide 5

Brief History of Parenting

- In the 1950's, there was one parenting book, Dr. Spock
- Today, there are thousands of parenting books and guides
- "Parent" became a verb in 1970
- Until the 1950's, children worked and were economically advantageous - today they are economically disadvantageous
- General confusion about what it means to be a "good parent"



LifeWorks Confidential, not for distribution 5

Slide 6

What Kind of Parent are You?

Helicopter

- Hovering
- Micromanaging

Authoritarian

- Extremely strict parenting style
- My way or the highway

Permissive


- Whatever you do is fine



LifeWorks Confidential, not for distribution 6

Slide 7


Share Your Thoughts



Addressing Expectations

- What kind of child/children do you want to raise?
- What kind of adult do you envision them being?
- How important is it to prepare children for life?
- How prepared were you?

***Respond via Chat or raise your hand.**


 Confidential, not for distribution 7


Slide 8

Components of Resilience

Each challenge in life offers an opportunity for growth:

- Builds high self-esteem
- Improves our ability to process information / problem solve
- Fosters independence and self-growth
 - Getting to know yourself in a deeper capacity
- Builds on relationships and support from others
- Sense of humor



 Confidential, not for distribution 8


Slide 9

Avoiding Burnout

Take care of yourself, so you can care for others:

- Sleep
- Exercise
- Healthy diet
- Laughter
- Enjoy life with your children
- Enjoy life without your children



 Confidential, not for distribution 9

Slide 10

Maintaining Balance

Practice


- Practice gratitude and incorporate this with your children
 - Reflect on the positive part of parenting

Keep in

- Keep in mind that all aspects of your life still count
 - Keep track of your finances
 - Keep track of your friends/family relationships
 - Make a difference...remember to give back

Remember

- Remember your child's problem is theirs not yours!



Enjoy Parenting Finances
Relationships Contributions


 Confidential, not for distribution 10

Slide 11

Let's Remember....


Focus on what we can and cannot control within any given situation!


***What CAN we control?
Make a list and discuss...***


 Confidential, not for distribution 11


Slide 12


Remember


 "This too shall pass..."

 Capitalize on life's teachable moments

 Quality of time spent together rather than quantity

 Laughter is the best medicine

 Unconditional love

 Confidential, not for distribution 12

Slide 13

Access Your Employee and Family Assistance Program (EFAP)

LifeWorks

For confidential support, access your EFAP at login.lifeworks.com or download the LifeWorks app.

To learn more about the services provided by your organization's EFAP, contact your leader or HR team.





LifeWorks


Confidential, not for distribution

Slide 14

Your Feedback Is Important To Us!

 You will receive an **email** which links to an **online survey**.

 Please complete **as soon as possible** to help improve and plan future training.


 Your responses are completely **anonymous**.

LifeWorks

Confidential, not for distribution

Slide 15

Thank you.



LifeWorks

Confidential, not for distribution
