



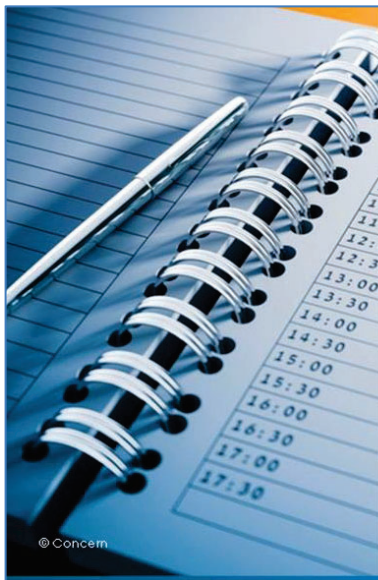
Participant Guide

The Working Parent

Overview

Many parents feel overwhelmed by the demands of their jobs and the needs of their children and family. By the end of the day, parents often feel exhausted and do not have enough energy left over to attend to the needs of their children, their partner, their friends, or themselves. Many refer to this idea of *balance*, but what is it? What does balance look like and how do people achieve it? Through this interactive workshop, participants will learn to assess their current lifestyle, set priorities, and choose realistic goals. They will also be presented with tools to help them meet the many demands they are confronted with daily.

Seminar Length: 1 hour



Agenda

- Challenges facing the modern working parent
- What matters most
- Meeting your own needs
- Taking care of your children/family
- Taking care of your primary relationship
- Taking care of your job
- Keys to remember
- Resources



What Makes it Hard

- Competitive environment
- Global business
- High cost of living
- Mobility
- Mixed messages





Working Parent Responsibilities

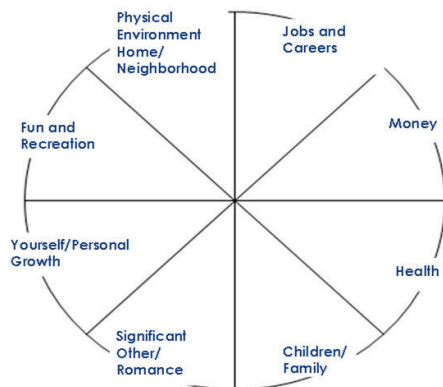
Take care of:

- Our own needs
- Needs of our primary relationship
- Needs of our children/ family
- Requirements of our job
- Life's maintenance



Wheel of Life

The 8 sections of the Wheel of Life represent Balance. Seeing the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter of the circle represents your level of Balance in the Wheel of Life. How bumpy would the ride be if this were a real wheel?



What Matters Most?

- What must you do to survive?
- What is most difficult for you?
- What is most satisfying and rewarding?



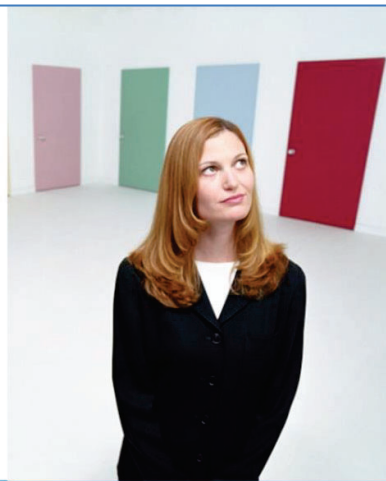
Era of Our Lives

- What we want and need in our 20's is different from our wants and needs in our 30's and 40's
- We change and so do our values, priorities and needs
- We can only assess what we want and need for ourselves in the context of a given time period
- We need to give ourselves permission to change and evolve, and we need to re-evaluate our lives on an ongoing basis



Keys to Prioritizing

- Be honest with yourself
- Time to make choices
- Let go of, juggle, or delegate low priority activities





Meeting Your Own Needs

- Know what they are
- Give yourself permission to have and meet them
- Manage your time and energy



Keys to Taking Care of Children

Children's Needs

- Physical
- Social/Emotional
- Intellectual

Factors Affecting Children

- Temperament
- Development Stages
- Specific Issue

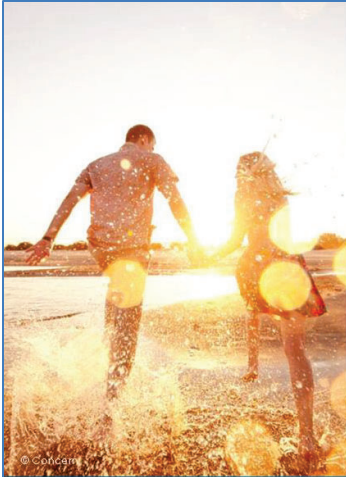


Keys to Taking Care of Children

Quality Time

- Infants and Toddlers
- Preschoolers
- School Age
- Tweens and Teens





Taking Care of Your Primary Relationship

- Invest time and attention
- Understand the normal stages of relationship growth
- Refresh communication skills regularly



Work

- Be "self-employed"
- Stay current
- Stay aligned
- Communicate
- Build emotional intelligence (EQ)
- Know your limits
- Manage time
- Be visible
- Develop goals
- Create boundaries



Keys to Remember

- Multiple roles are not easy
- Ask yourself what you want and need
- Rid yourself of the guilt
- Take care of yourself
- Schedule personal time
- Never say "yes" without letting something else go



Parent Coaching

- Young children to teens
- Positive, nonjudgmental
- Proactive vs. reactive parenting
- Confidential
- Three free sessions
- Supplemental to counseling



To get started call 800-344-4222



Confidential Life Balance Solutions at No Cost To You

Counseling

Set of freeface-to-face, phone video or chat sessions per issue per 12 months

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict
- Substance use
- Grief

Parent Coaching

Set of 3 phone sessions per year

- Child development & behavior
- Social anxiety
- Excess screen time
- Supplemental to counseling

Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- Parent coaching
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

Legal & Financial

Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

ID theft resolution

employees.concernhealth.com 800 -344-4222

Benefits

Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act in:

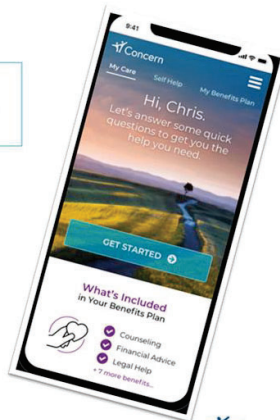
- Balancing work, home, and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

Call Concern's toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222

Concern's Digital Platform

Your front-door for easy, confidential access to personalized support, anytime you need it

- Easy access on your computer or portable devices
- Create your personal dashboard
- Request services, select counselors
- Connect to mindfulness resources from eM Life



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Concern's Digital Platform

Accessible from your phone, tablet or computer. It is your front door to everything Concern has to offer. Your Personalized Dashboard.

It combines technology, counseling, and self-help tools with compassionate human interaction – all in one place.

eM Life App. Mindfulness for Everyday Living

Access via Digital Platform

- Evidence-based
- Designed for daily use
- Live and on-demand
- Personalized experience
- Expands prevention
- New skills



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Mindfulness for Everyday Living

You have access to eM Life – an entire suite of evidence-based live and on-demand mindfulness solutions.

- It can be accessed via the Concern Website: employees.concernhealth.com, or
- You can download and access via your mobile phone.

Thank you!
Questions? Comments?

Please complete the Survey Monkey
<https://www.surveymonkey.com/r/3VHDNPS>