

# Working Parents Workshop

## A Health & Wellbeing Program for Parents in the Workplace



This 8 hour program focuses on:

- What really happens in the world of being a parent
- Techniques to assist in managing the demands of work & home
- Enhancing your relationship with yourself, family and work colleagues
- Understanding emotions and learning techniques to manage stress and demands
- Creating your work-life-family balance
- Being recognised, appreciated and rewarded for your multiple roles at home and work

Workshop Packages are tailored to suit your workplace

To book your program now or to enquire please call: 0407 819 519 or  
email: [betty@beingamother.com](mailto:betty@beingamother.com)

### WORKSHOP PACKAGES

Package 1*	Package 2*	Package 3*
Venue: Your meeting rooms No. of attendees: 15** Duration: 8:30 – 4:30 pm Lunch & refreshments included \$250 per person	Venue: External facilities No. of attendees: 15** Duration: 8:30 – 4:30 pm Lunch & refreshments included \$315 per person	Venue: Your meeting rooms No. of attendees: 15** Duration: 2 x half days 8:30 – 12:30 pm 12:30 – 4:30 pm Refreshments included \$250 per person

\*Additional flexibility is available if additional sessions booked

\*\* We request 15 staff per session

Expressions of interest to [betty@beingamother.com](mailto:betty@beingamother.com) and we will contact you to arrange your organisation's "Working Parents Workshop".

**Betty Chetcuti**

Psychologist: BBSoc (Hons), MEdPsych, MAPS, PBA  
Mother of three

**Jodie McKenzie**

Registered Counsellor: BSocSci(Counselling), MACA  
(Level 2) & Mother of three