

# Bright Horizons 2021 Webinar Schedule

All webinars run from 12:30 – 13:15 and can be accessed on demand via your Work+Family Space

Date	Topic	Summary
14 <sup>th</sup> January <a href="#">On Demand</a>	<b>Reboot &amp; Revive:</b> Strategies for positive mental health	Let's start as we mean to go on...new year, new resolutions. Living through the pandemic and its impact on our routines has led to more open discussions around mental health. Individuals who have not previously experienced anxiety, isolation or heightened stress find themselves tackling these challenges for the first time. This interactive session explores strategies for maintaining positive mental health and increasing our awareness of how those around us are doing.
11 <sup>th</sup> February <a href="#">On Demand</a>	<b>All Zoomed Out:</b> Managing virtual interactions and relationships	Since the arrival of coronavirus, increasing numbers are working from home and our work relationships have moved to the webcam. And in our personal lives too we are Zooming and FaceTiming friends and family to keep in touch. What do we need to pay attention to in these virtual relationships; what's lost and what do we gain? Join us for an open conversation about how we can manage our work and family relationships better in this new norm.
10 <sup>th</sup> March <a href="#">Register Now</a>	<b>A Confident Return:</b> Paying attention to profile following a significant period of leave	After a period of lengthy leave from work, confidence can dip, career vision and values may shift and there will be times when you wonder if it's all possible. Planning important conversations with significant people at work and at home is an important step. You can re-establish strong connections and perhaps build some new connections that will help you combine career and family. This session will explore how we identify our key stakeholders and nurture our network.
22 <sup>nd</sup> April <a href="#">Register Now</a>	<b>Live Wires:</b> Parenting children and young people with Autism, ADHD and Asperger's	Autistic spectrum conditions range from mild to severe but in all cases, they impact on day-to-day living. Some conditions may be missed or overlooked by individuals, families, schools, workplaces and the wider community. This means individuals and carers don't always get the support they need. This webinar promises an open and honest conversation with those who have direct experience to help deepen our understanding.
19 <sup>st</sup> May <a href="#">Register Now</a>	<b>Avoiding Burn Out:</b> The neuroscience of stress management	How do we maintain top performance when under constant pressure? What are the triggers and danger signs that indicate when helpful pressure is turning into damaging stress. In this session we will explore the self-defeating habits we trigger when stressed and identify the alternative choices we can make, particularly in times of change. Join us and explore core strategies for dealing with high demand situations and keeping things manageable...and even enjoyable!
9 <sup>th</sup> June <a href="#">Register Now</a>	<b>Coping with Grief &amp; Loss:</b> How to build your support network	Grief is a natural response to loss when something or someone you love is taken away. It can bring a range of difficult and unexpected emotions and sometimes impact on your physical health too. A support network can make the difference and help you through. In this session, we'll learn more about ways of coping and building support whether for yourself or for a loved one who is grieving.

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14 <sup>th</sup> July <a href="#">Register Now</a>	<b>Breaking News:</b> Talking to children and young people about current affairs	How do your children access news and current affairs? And how much do you discuss with them the main news stories of the day in these complex and challenging times? In our media-saturated age and related stresses of the constant flow of online information, this session will explore how to find age-appropriate methods to talk to your children about challenging topics.
16 <sup>th</sup> September <a href="#">Register Now</a>	<b>Separation &amp; Divorce:</b> Personal stories about thriving, not just surviving	Whether it's a shared decision progressing amicably or a process fraught with difference, separation/divorce is widely believed to be one of the most stressful life transitions. How you handle it will be crucial for your own well-being, as well as that of any children or other dependants involved. Then there are the additional demands of keeping all on track at work. This webinar draws on first-hand experience to provide insights on finding a way to survive and thrive.
14 <sup>th</sup> October <a href="#">Register Now</a>	<b>Ditching the Guilt:</b> Proactive solutions for managing your work-life boundaries	Guilt, in its purest form, is a helpful response designed to motivate us into taking action. But all too often it's 'unhelpful guilt' we experience on a daily basis. This type of guilt is energy sapping; moving on from this emotion is all about tuning into our values and our choices. This webinar explores proactive practice in getting beyond unhelpful guilt to more positive outcomes for yourself and your loved ones.
17 <sup>th</sup> November <a href="#">Register Now</a>	<b>Great Expectations:</b> Insights for new & expectant parents	For new and expectant parents this webinar provides an invaluable inside track. On the personal front, we will consider the necessary preparations for the arrival of your child and welcoming them into your family, as well as what to expect during the first few weeks following birth or adoption, including the potential impact on your mental health and wellbeing. On the career front, we'll share some tips from our leadership and parent transition coaching team on how to make a successful handover and prepare for re-entry to the workplace.