

# Bright Horizons

## Q1 2022 Webinar Schedule

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

Date	Topic	Summary
19 <sup>th</sup> January <a href="#">Register Now</a>	Managing Change & Complexity	We live in uniquely unsettling and uncharted times as we respond to the global and local changes brought about by the pandemic, the climate emergency and escalating humanitarian crises. In this session, we identify our relationship with change and challenge. We explore the complexities and look at how we can stay calm, focused, communicative and collaborative at work and in the rest of our lives. We examine how change can unleash unhelpful default thinking and tackle this by sharing practical ideas to support more positive, proactive and successful ways forward. Join us for an upbeat and insightful look at how we can make the most of new opportunities and foster a new awareness in our current situation.
24 <sup>th</sup> February <a href="#">Register Now</a>	New & Necessary Leadership Styles for Today	All too often working parenthood or caring is seen in terms of deficit - getting the job done despite the demands and distractions of raising children or looking after adult dependants. But there are many transferable skills, and these are increasingly being celebrated today as wider family commitments and values find their way into more conversations on work-life integration. In this session, we ask what effective 'leadership' looks like and why some of the previously acceptable ways now need to be disrupted or renewed. We explore practical strategies for reflecting on the role caring responsibilities play in enabling personal growth and clarity of perspective - essential for now, when our values and motivation are in the spotlight more than ever.
30 <sup>th</sup> March <a href="#">Register Now</a>	Working Smart: Managing Time & Boundaries	How can we work smarter, not harder? What can we do practically to free up more time and make the most of the moments we have in our work and our home lives? How do we get better at identifying the time stealers and time savers that can make all the difference? The hybrid work pattern is here to stay for many of us as we take forward the opportunities for work life balance following the impact of the pandemic. In this session, we'll discuss strategies and best practice tips for more effective conversations and actions with your manager, teams and wider stakeholders in our broader lives.

**Future webinar details and registration links will be made available in due course. An updated webinar schedule will follow.**  
**Thankyou for your patience and understanding.**