

## **FEBRUARY 2022 VIRTUAL PARENTS FORUM**

### **FAMILY FOCUSED WORKSHOPS – February 17th from 1:30 to 3:00pm ET**

#### **Helping Couples Get on the Same Page**

When couples become more aligned around their work and family goals, they can work together to build the life they want. Discover ways to meet both work and family needs that are satisfying to each of you.

#### **Building in Breathing Room**

Would you like to build in more of recharge time as you imagine life after the pandemic? Use this workshop to develop new ideas, or reclaim old strategies, that allow you more time for the things you love.

#### **Team at Home – Current Coordinates**

Change will always be part of the landscape when integrating work and family. This session provides a tool to assess your current work-life solution, which couples can use to craft a plan for their lives post-pandemic.

#### **Work Family Balance and Finances**

Decisions around how much we work can be tied to how much we earn. This workshop will help you explore the time and money tradeoff and learn how to become more intentional around these choices.

#### **Three Generations of Care**

Join this workshop to hear how grandparents play a profound role in their “next-generation” families. Bring your questions to our panel of grandparents who will share lessons learned so you can enjoy this win-win-win support.

#### **Discussion Group: What's next? Learning Together About the Changing Needs of Families \*\***

Already familiar with the joys and challenges of reimagining work so you have time for family? Join this group to share best practices and learn what to expect as your children hit the next developmental milestone.

### **WORK FOCUSED WORKSHOP – February 24th from 11:00 to 12:30pm ET**

#### **Launching an Integrated Career**

Launching an integrated career means setting limits around work and creating "triple-win" solutions - solutions that are good for you, your work, AND the colleagues and clients you work with. Did your pandemic experience whet your appetite to learn how to apply these concepts to create an integrated life?

#### **Courageous Conversations at Work**

Asking for changes at work can feel risky, even with our remote work experiences from this past year. Learn how clarifying your goals increases your success in surfacing and overcoming the potential challenges you may face.

#### **Introduction to Recalibrating Work**

An essential skill for work-life integration is managing the pace and quantity of work. This group provides strategies to tame workflow – ideas that can help now, and as you continue to balance both career and family goals. (We will also include an advanced session for attendees who have previous experience around this topic.)

#### **Designing Your Own Unique Work Family Solution**

It's hard to imagine pushing back at work to create more time for family. There are many factors to consider including your desire to feel successful in both and the support you need to make it all work. This workshop will help you jump-start this process.

#### **Discussion Group: Navigating Integrated Careers for the Long Run \*\***

Already familiar with the highs and lows of redesigning work so you have more time for your life? Join this group to share best practices for moving ahead in your career while also staying committed to an integrated life.

**\*\* Only available to attendees who have previously participated in ThirdPath activities.**