



Balancing Family and Career

2-Day Workshop for Principal Carer Parent Job Seekers

This 2-Day workshop provides participants with the opportunity to work through the process of returning to work after an extended break from the paid workforce. The workshop resources participants with information and strategies to address any fears or concerns about returning to work and addresses issues of self confidence faced by many parents returning to work. The workshop also provides a specialized skills inventory and job search strategies that equip parents with skills to promote themselves confidently to employers.

Topics Covered:

- ✓ The benefits of employment for parents and their children
- ✓ How employment income compliments Centrelink benefits
- ✓ Maintaining grandfathered status and other benefits
- ✓ Child Care - Issues and alternatives
- ✓ Reducing the costs of childcare
- ✓ The benefits of settling kids into child care before finding work
- ✓ Work/Life balance - What is it and how to make it happen
- ✓ Contingency planning - reducing workplace absenteeism by planning for childhood illnesses and other family responsibilities
- ✓ Addressing employer concerns and selling the benefits of employing a parent
- ✓ Discussion about fears and insecurities some may face about returning to work
- ✓ Skills Inventory – Identifying parenting/life skills that employers value
- ✓ Translating these skills into effective job search marketing tools
- ✓ Identifying suitable job options – what’s available and what fits in with family responsibilities
- ✓ Work skills analysis – updating skills for a competitive job market
- ✓ Flattering resumes for return to work parents – dealing with the ‘gap’ in employment history
- ✓ Job Search resources for return to work parents
- ✓ Flexible work options – what are the options and how they benefit employers and families
- ✓ “Outside of the box” employment options and ideas
- ✓ Getting the kids on board – tips for educating the kids on the benefits of your return to work
- ✓ Action Planning: Taking the next step in your return to work journey



Cost:

- ✓ **\$280** (GST) per participant—Minimum 10
- ✓ Held on your site in your training room!
- ✓ Available Nationally (additional costs may be incurred in remote locations)

Contact us for more information!

1300 764 828 or email at enquiries@worksavvyparents.com.au

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