

Gidget Foundation THRIVE Masterclass

Facilitated by Parents At Work

Like any health condition, perinatal depression and anxiety (PNDA) can affect a person's ability to function at work.

Gidget Foundation Australia have partnered with Parents At Work to provide workplace support programs to parents and carers. The **THRIVE: Career & Family Connect Masterclass** is included in this support service and aims to provide working mothers and fathers with the opportunity to reflect on their family life, personal wellbeing, and career – and provide tools and inspiration on how to best integrate these.

Feel connected to your career & family

Work-life balance often feels unobtainable when we're managing the colliding demands of our everyday job and family time. We all feel the struggle at times, and sometimes we can find ourselves last on our list of priorities. But what would life be like if we could seamlessly integrate the various roles we hold in our life, without compromise on career opportunity, our relationships, or our wellbeing?

The THRIVE Masterclass helps you to review and reinvest in what's important to you. This will enable you to connect your personal and professional life in a way that works for you, your team and your family. We want you to be thriving, and at your mental and emotional best, at the same time as successfully integrating your career and family life.

ABOUT GIDGET FOUNDATION THRIVE MASTERCLASS

WHO IS THIS COURSE FOR?

Everyone at any career and life stage. It is best attended:

- When you want to focus on your own balance and wellbeing
- When you are re-evaluating your career and life plans and goals
- If you'd like support from career management experts on how to take your career, family and personal wellbeing to the next level
- If you wish to set a new direction and pathway for success at home and at work

WHAT DO YOU GET?

The THRIVE Masterclass provides you with valuable resources, including:

- A 3 hour face-to-face **Workshop**
- A comprehensive **Toolkit**
- The opportunity to talk to and hear from **other working parents** experiencing similar challenges
- Access to podcast series including:
**The Career Wellbeing Show and
The Balance & Wellbeing Podcast**
- Guidance from experienced **Executive Coaches**
- 1-on-1 coaching sessions are available on request before or after the workshop. These are at an additional cost.



TESTIMONIALS FROM THRIVE PARTICIPANTS

"It's easy to go from day to day, running from A to B, not ever really thinking if you are thriving in your situation. Now I feel like from today - having listened to the facilitators and talked with others around me — I have a plan".

"I work full time but I took some time to be the primary carer as the dad, managing all the domestic duties – cooking, shopping, cleaning – and it was one of the most challenging things I've ever done. I wanted to think more carefully about trying to manage that better so that we could all as a family have fun."

"It was a fantastic day - the presenters were so professional yet down to earth, and I really felt I could open up about some of the issues I was facing. It was great to leave knowing that I can have greater confidence in my ability as a mum and a professional to get things working really well and that I can go after what I really want."

"The most important thing about today was making the time out of my life to talk about being a parent and balancing and understanding the blend between work and home life. What I appreciated most was coming into a room where there's 30 other mums and dads that were here to think about how they work on a day-to-day basis."



ABOUT GIDGET FOUNDATION AUSTRALIA

Gidget Foundation Australia is a not for profit organisation that provides programs to support the emotional wellbeing of expectant and new parents.

The Gidget Foundation was named after a vibrant and joyful mother, who suffered from unrecognised postnatal depression. Her nickname was 'Gidget'. The Foundation evokes Gidget's warmth and lively spirit. Established by her friends and sisters, the organisation has grown and is now supported by passionate individuals, community leaders, health professionals, businesses and government.

New babies bring delight along with challenges. Nearly 1 in 5 mothers and 1 in 10 fathers will suffer perinatal depression and anxiety; that's around 100,000 Australians each year.



ABOUT PARENTS AT WORK

Parents At Work is a social enterprise – founded in 2007 – to support working families thrive at both work and home. As a world leading education and policy advisory service they have provided over 100,000 families with vital family, career and wellbeing support through their working parent programs, including parental leave transition coaching.

They are a membership-based organisation working in partnership with local and global employers to create family friendly workplaces of the future that benefit everyone. They have been recognised by the Australian Human Rights Commission for its work in supporting working parents with an award nomination in 2015.