



## WIN WIN PARENTING PROGRAM

Supporting working parents to succeed at home and work



Today more than ever, an increasing number of parents participate in the workforce and are juggling the demands of managing a career and family.

Not managing parenting effectively at home results in costly spill-over effects in the workplace including negative impacts on employee health, morale, absenteeism and productivity.

“If parents are stressed at home, they bring that stress to work”

Equip your employees with the knowledge and skills required to manage the daily challenges of being a busy working parent.

Benefits of complementing your existing diversity and wellbeing strategies with the Win Win Parenting program include:

### BENEFITS FOR THE ORGANISATION

- Reduced employee stress.
- Less negative spill-over from home to work.
- Greater wellbeing in the workplace.
- Increased employee focus, morale and productivity at work.

### BENEFITS FOR THE FAMILY

- Reduced parental stress.
- Confident and effective parenting.
- Better child outcomes.
- More positive family relationships at home.

## Face to Face Programs

These seminars and workshops are fun and interactive face-to-face sessions delivered at your workplace.

### 2-HOUR SEMINARS

During the seminar, participants will:

- Identify and discuss their key parenting challenges.
- Explore how confident and capable parenting supports improved work focus, morale and productivity.
- Learn strategies to reduce parenting guilt.
- Understand the harms of harsh parenting and explore how to manage common parenting challenges with empathy and education.
- Learn and practice the 3-step S.E.E. Parenting approach.
- Develop their communication skills.

### 3.5-HOUR WORKSHOPS

The workshop includes everything in the seminar program **with an additional focus on key life skills for children.**

The workshop provides parents with an additional focus on the **‘Educate’** part of the 3-step S.E.E. approach to parenting. **Educate** - is about helping children to develop key life skills so they can thrive in the world as happy, healthy and well-rounded individuals.



45%

STRESSES DUE TO  
FAMILY-RELATED  
ISSUES<sup>1</sup>

\$10  
billion

ESTIMATED ANNUAL  
COST OF EMPLOYEE  
STRESS TO  
AUSTRALIAN  
EMPLOYERS<sup>2</sup>

## Interactive Webinar Programs

Our webinars provide specialised, comprehensive and ongoing support on a broad variety of key challenging parenting areas – including managing screen time, overcoming bullying and finding time for self-care as a parent.

### DURATION

- 1-hour lunchtime session
- 40-min education session with 20-min Q&A

### Webinars can be purchased:

- Individually
- As a 6-month program
- As a 12-month program

The Win Win Parenting Webinars are a cost-effective way to provide live access on the day for up to 500 employees. There is no limit on the number of employees that can access the recorded webinar.

As part of the 6 and 12 month programs your employees will also gain access to an exclusive online resource center which includes:

- Unlimited access to all webinar replays.
- Parenting handouts.
- Articles and more.

<sup>1</sup>Australian Psychological Society Stress and Wellbeing in Australia Survey 2014

<sup>2</sup>Medibank's The Cost of Workplace Stress in Australia 2008



## Online Parenting Program

The Online Parenting Program gives employees on-demand access to learn at their own pace at time and place convenient to them.

The Online Parenting Program allows parents to access a wide range of learning material, including videos, articles, meditation exercises, workbooks, activities and more over a period of 12 months.

## Win Win Parenting App



Access to the Win Win Parenting App is included with any 12-month Webinar Program or Online Parenting Program. The App is available for Apple and Android phones.



## The Benestar and Win Win Parenting Partnership

Benestar is working with Win Win Parenting founder and parenting expert Dr Rosina McAlpine. Dr Rosina is an internationally recognised and award-winning author, researcher and educator. She has worked with many corporations and government organisations as well as thousands of parents across Australia and internationally.

“I really enjoyed the workshop, very thought provoking and makes me want to change as home situations often impact my work day.”

LENLEASE EMPLOYEE

“Fabulous! I think more businesses should run these seminars and provide it as a benefit to their staff.”

JEMMA FASTNEDGE, GENERAL MANAGER, REDII

“I always find these sessions informative, enjoyable and helpful. It often makes me feel good because most of the basics we are already doing – but I always come away with a few new good ideas. Please keep offering this program. I'm a big fan!”

CENTRAL QUEENSLAND UNIVERSITY EMPLOYEE

If you're looking for an experienced partner to champion the potential of good health in your organisation, talk with us today.

[wwp@benestar.com](mailto:wwp@benestar.com)