

#Upcycle Your Job: Short Workshops

A series of short workshops based on the book. Workshops can be run as 60 or 90 minute sessions

1. From work-life conflict to balanced working

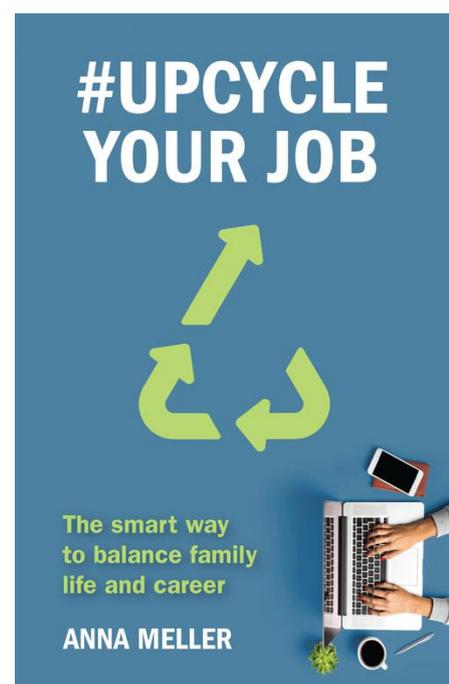
Drawing primarily on the work-life balance research evidence presented in chapters 3 & 4 this session will enable participants to understand the roots of work-life conflict and to identify the small adjustments they can make to find balance. Practical exercises will be used to enable participants to structure their days and weeks in ways that meet their individual preferences and life circumstances.

2. Redesign your job for balanced working

Transforming a standard working arrangement into a flexible one that offers both balance and increased productivity requires a systematic approach. In this interactive session participants will be supported to customize their own job. This workshop is also of equal relevance to line managers faced with requests for flexible working and to HR Professionals keen to provide support.

3. Negotiating a flexible arrangement that suits you and your boss

Many people would like to work more flexibly but are afraid to ask – fearing that the answer will be “no”. Based on content in chapters 6 & 9 this workshop will enable participants to develop the skills to negotiate a flexible working arrangement that both meets their needs and their manager’s expectations. Research evidence shows mothers are increasingly holding back their careers out of concern for their work-life balance. This workshop is particularly appropriate for employers who want to encourage the career progression of their high potential female talent.



4. Job redesign: the crucial HR skill

Supporting flexible working at senior levels has been identified as a 'proven strategy' for supporting women's careers; and is a powerful adjunct to corporate D&I strategies. This workshop offers tools and processes to redesign jobs for both productivity and balance. 20th century working practices no longer fit our 21st century lives. With the added pressures of AI, understanding how to redesign jobs is fast becoming a crucial HR skill.

5. How flexible working closes gender pay gaps and improves gender balance

Designed for organisational decision makers, this workshop provides a strategic overview focusing on the business case together with ideas for taking action.

Workshop Facilitator

Anna Meller is the UK's leading work re-balance expert. She works with ambitious professional women seeking to balance corporate career with family life. Drawing on 25 years coaching and consulting experience Anna has developed the PROPEL model (described in her book [#Upcycle Your Job](#)) which empowers women to make choices that work for them and their employers; so they progress their careers and their employers retain key talent.



Prices

£400 + VAT per 60 minute workshop (includes all workshop materials). Price for longer sessions will be supplied on request.

For more information:

Email: Anna@sustainableworking.co.uk

Call: **07761 377924**

"I just wanted to say thank you for the session on work-life balance you gave us today. You covered a huge amount in a relatively short time, but made it accessible and interesting - no mean feat. So thanks very much. It was lovely for me to hear someone so passionate about something that has been a rather ill-informed passion of mine for a number of years."

Candy Whittome, MSc Occ Psych,