

Employers

Supporting employee work-life balance in the 'new normal'

If your lockdown focus was on supporting employee wellbeing it's likely that you discovered the extent of the work-life balance challenges your people face. And if you're committed to supporting better balance in the 'new normal' I'd love to work with you to make that happen.

I've prepared a brief overview of three options which I hope will be of interest to you. Please follow the relevant links for more information or send me an email

(anna@sustainableworking.co.uk).

12 month mastermind programme for HR and D&I specialists; and for leaders of internal women's networks

The mastermind is a structured 12 month online programme designed to support you improve gender balance, wellbeing and work-life balance in your organisation.

Limited to ten participants, the group will meet online monthly for two one hour sessions. The first will be a teaching call based on a specific topic. This will be followed by a coaching call to support participants in taking action between teaching sessions.

[More information here.](#) [Download the brochure here.](#)



#Rebalance your life group coaching programme

We'll meet online weekly for six weeks. Each session will last 75 minutes as we work through my PROPEL coaching model. At the end of the programme participants will:

- Understand their personal preference for managing the work-life interface; and the implications for #rebalancing work.
- Understand why who they're being rather than what they're doing is key to managing work-life balance.
- Learn how to #upcycle their current job for increased productivity; AND for better balance (in a way that suits both them and their boss).
- Learn the essential skills needed for successful work-life balance.
- Learn to influence key stakeholders so they flourish in their new working arrangement.

[More information here.](#) [Download the brochure here.](#)

Short workshops based on the book #Upcycle Your Job

A series of short workshops run as 60 minute interactive sessions on the following topics:

- Regaining balance (for working parents)
- Job design: the crucial HR skill
- Why flexible working is critical for business continuity post lockdown
- How to redesign your job for balanced working
- How to negotiate a flexible arrangement that suits you and your boss.

[Download the brochure here.](#)

Facilitator Anna Meller



For the past 25 years I've specialised in both strategic and operational aspects of work-life balance. During that time I've worked with organisations at all stages of their journey to support employees in having balanced lives. I'm recognised as one of the UK's leading experts.

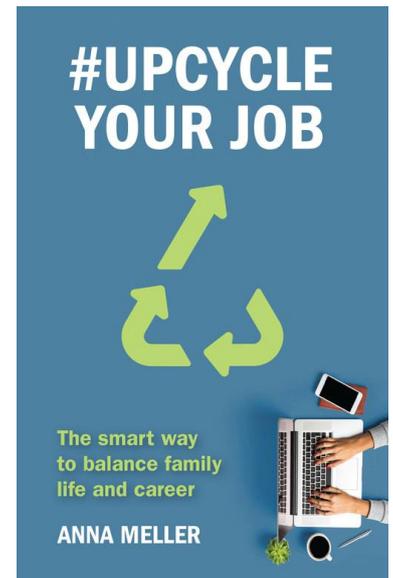
I'm a published author, international speaker, coach and consultant. Since 2009 I've been an active member of the British Psychological Society's working group on Work-Life Balance. I have an MSc in Organisational Behaviour and I'm a Chartered Fellow of the CIPD.

For more information

Email: Anna@sustainableworking.co.uk

Call: 07761 377924

Website: www.sustainableworking.co.uk



"The understanding of our requirements was very high and our needs were addressed accordingly. The quality again was a very high standard - advice was relevant and concise to business needs. We achieved a lot in the time allocated. This project has been extremely useful to our firm." LA, Leading Legal Firm

"Anna developed a good understanding of our organisational culture. Her work was always of a consistently high quality. She was always reliable. It was a pleasure to work with a consultant who is knowledgeable, but not narrow minded in her interests. We found her to be flexible, willing to go that extra mile for us, understanding of the many competing demands on our time and resources and did her job with good humour and a large dose of patience!" TW, LB of Brent