

Find your #Flex & Regain your #Balance

A transformational day supporting you to rebalance your work and your life; and to vision the next steps on your career journey.

Research is showing that mothers are holding back their careers because of concerns about their work-life balance. It's a costly decision - the potential loss of earnings has been estimated at £250,000 over a working lifetime. But there is an alternative.

Spend a VIP day with me. Let my one to one performance coaching transform you from someone struggling to juggle to finding the confidence and clarity to manage your work-life balance and progress your career.

Who is the day for?

My clients are professional women committed to making their biggest career contribution while also being great parents. It's likely you're currently stuck in one of the following scenarios:

- You're working below your skills level. It's the sacrifice you made to find flexible work, but you know you're capable of more and that it's time to step up.
- You're ready for promotion but all the jobs at the next level seem to demand full-time long hours working. You worry about compromising your already precarious work-life balance arrangements.
- You've just returned or are about to return to work after maternity leave. While your employer's policies support flexible working you're struggling to see how to make it work in your circumstances.

What outcomes can you expect?

During our time together you'll be challenged to re-think both your working habits and the way you see yourself. We will uncover and address your limiting beliefs about what sort of balance is possible for you in a senior role. At the close of the day you will have:

- Learnt how to restructure your current (or indeed any future) full-time role into a flexible arrangement that works for you and your employer.
- Gained clarity on your unique work-life balance preferences and how to manage them.
- Prepared a powerful and compelling business case to support negotiations with your current or a future employer.
- Identified your key management and leadership skills; and pinpointed which ones need #upcycling so you can lead a balanced life.



Why work with me?

I'm one of the earliest champions for flexible and balanced working. As far back as the mid-1990s I was researching, writing and speaking on the subject. Consequently, I've a lot of expertise to draw on; and since it's evidence based I know what works and what doesn't. You can learn more about what I know by [reading my book](#).

I've conducted ground-breaking research into work-life balance challenges for professional women. I'm a working mother and my early career was in corporate HR roles. So I've '*been there, done that*' and I've paid the part-time penalty. All of which makes me passionate about supporting other women's career progression into senior roles.

(Take a look at this [brief video on YouTube](#) where I talk about the benefits previous clients gained from working with me.)

Payment terms

A VIP day runs from 10:00 to 16:30. We can meet online* or in Central London.

*Online sessions can also be split into two half days to meet your needs.

The fee is currently £2,497. A 25% deposit payment (£625) is required to confirm the booking; with the balance (£1,872) payable no later than 24 hours prior to the VIP day.

Fees include an additional five hours of online and email coaching support to be taken within two calendar months of the VIP day.

To find out more (without any obligation on your part) and to check availability please email me: Anna@sustainableworking.co.uk

Or call or text my mobile: 07761 377924