

Are you planning an event or looking for a speaker for this year's National Work Life week?

If you are then I'm the person you're looking for. I'm the UK's leading expert on work-life balance, a published author and experienced speaker. I'm comfortable facilitating workshops and giving keynote addresses. If you're planning an event I'd love to be a part of it.



Stuck for ideas? Here are a couple of suggestions for talks that will resonate with current circumstances.

How to create a more balanced 'new normal' workplace (and why employers should).

Pandemic lockdown prompted a flurry of media reports about the devastating impact on women's careers. We discovered how fragile work-life balance can be for working mums with children at home. As we move into a 'new normal' riddled with uncertainties employers run the risk of losing key female talent unless they treat supporting work-life balance as a business priority.

Without a radical rethink the 'new normal' workplace is unlikely to differ from the pre pandemic version. Indeed, things could get worse as women continue to struggle with balancing work and care - leading to stress and resignations. On the other hand, employers have an unprecedented opportunity to continue the great efforts to protect jobs and support wellbeing that were initiated during lockdown.

In practice this means rectifying three big mistakes:

1. Making gender blind assumptions around home based flexible working that are at odds with women's reality.
2. Opting to cut headcount rather than redesign work- resulting in a current loss of skills and future recruitment costs as the economy recovers.
3. Treating work-life balance as a minor item on the wellbeing agenda rather than seeing it as the key to progressing women's careers.

Without positive action employers are likely to lose female talent, gender pay gaps will widen and women's progress in the workplace will suffer a setback that could take years to recover. Let's instead make 2020 the year we recreate organisations to fit our 21st century lives; and to support gender balance, work life balance and wellbeing:

Anna Meller is the UK's leading work-life balance expert. Allow her thought leadership to inspire you to create a balanced 'new normal' workplace.

How to regain your work-life balance and progress your career in the 'new normal' workplace.

The lockdown shone a spotlight on how precarious the work-life balance juggle is for most working mothers. As we emerge into a post-pandemic 'new normal' it is possible to regain your balance and your sanity; and to continue progressing your career on your terms.

Anna Meller is the UK's leading work-life balance expert and the author of [#Upcycle Your Job: the smart way to balance family life and career](#). Drawing on evidence from both research and practice she will help you:

- Understand the roots of work-life conflict that led to overwhelm and exhaustion during lockdown;
- Identify the essential adjustments you now need to make to both find and maintain better balance;
- Develop a strategy to ensure better balance going forward.

Don't give up, step up; and let Anna show you how you can lean in on your terms.

More information:

Listen to my IWD 2020 [talk on You Tube](#):

Take a look at [my speaker profile](#):

Contact me:

Anna@sustainableworking.co.uk

Mobile: 07761 377924

