



Upcoming Cityparents Events

2020

27 August	Webinar: The Big Return: Preparing your children for starting school	●
7 September	Webinar: Racism at work: Its manifestations and how to tackle it	●
8 September	Webinar: Fatherhood and leadership at home	●
9 September	Webinar: Our kids, everyone's future: Raising anti-racist children for a better world	●
10 September	Webinar: Stress-free morning routines	●
14 September	Webinar: Resuming your career after a significant break	●
16 September	Webinar: How to choose the right school	●
17 September	Webinar: Thinking differently about failure	●
21 September	Webinar: Maximising your personal brand	●
22 September	Webinar: Stress and burnout: Tips and tools to help you feel more in control	●
23 September	Webinar: Making meetings work	●
28 September	Webinar: First aid for your child's mind	●
29 September	Webinar: Improve sleep, diet and exercise in three simple steps	●
30 September	Webinar: Eating for hormone balance and better health	●
6 October	Webinar: Keeping calm - What to do when your kids press your buttons	●
7 October	Webinar: Managing a career as a working parent	●
8 October	Webinar: Promoting a healthy body image	●
12 October	Webinar: Talking menopause	●
13 October	Webinar: Talking anxiety - Adversity to excitement!	●
14 October	Webinar: Emotional support for parents of disabled children	●
15 October	Webinar: Homework matters	●
20 October	Webinar: Strategies to improve your self-esteem	●
21 October	Online support group: Parents of disabled children	●

Upcoming Cityparents Events (continued)

2020

2 November	Webinar: Support for parents of LGBT+ children	
3 November	Webinar: Overcoming fear of public speaking	
4 November	Webinar: Numeracy matters	
9 November	Webinar: Teenagers and drugs	
10 November	Joint Webinar: Couples that work	
11 November	Webinar: Mindfulness and wellbeing	
12 November	Online support group: Parents of LGBT+ children	
16 November	Webinar: Psychological resilience	
19 November	Webinar: Real life role models - IMD 2020	
23 November	Webinar: Three levels of influence	
25 November	Webinar: Talking to teens about alcohol	
26 November	Webinar: Getting the most out of your Cityparents membership	
1 December	Webinar: Understanding the teenage brain	
2 December	Webinar: Blended families matter	
3 December	Webinar: Positive approaches to mental health and wellbeing at home	

2021

12 January	Webinar: Career progression when working remotely	
14 January	Webinar: Mastering emotional intelligence	
20 January	Webinar: Raising girls, raising boys	
25 January	Webinar: Agile and flexible working	
2 February	Webinar: First aid for your child's mind	
9 February	Webinar: Benefiting from mindfulness	
10 February	Webinar: Creating a love of sport	
23 February	Webinar: Imposter syndrome	
25 February	Webinar: The way of the productivity ninja	
2 March	Speaker series webinar: Professor Susan Golombok - We are family	
8 March	Webinar: Learn three simple stress reduction skills	
17 March	Webinar: Parenting hacks for children with SEN	



CAREERS



FAMILIES



MENTORING



RESILIENCE



WELLBEING

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