




## Upcoming Cityparents Webinars 2020

			WEBINAR
Thurs	21 May	Settling children back into school	
Wed	27 May	Inclusive leadership in challenging times	
Mon	1 June	Supporting our children through uncertainty, change and transitions	
Wed	3 June	Resilience for working parents and carers	
Mon	8 June	Thriving at work	
Tues	9 June	Bringing out the best in your children	
Wed	10 June	Financial wellbeing: Managing your finances in uncertain times	
Mon	15 June	Career resilience	
Wed	17 June	Eating for all day energy	
Thurs	18 June	Teens, screens and anxiety	
Mon	22 June	Building your profile and personal brand when you're working remotely	
Tues	23 June	Keeping teenagers safe as lockdown eases and school runs	
Wed	24 June	Children believe everything you say	
Wed	1 July	A-Z of Eldercare	
Thurs	2 July	Mentoring Circle: Tips for new managers	
Mon	6 July	Holding the child's needs in mind when family life gets tough	
Tues	7 July	Finding your work/life balance	
Wed	8 July	Raising competent teenagers	
Mon	13 July	Preparing your child to start school	
Tues	21 July	Summer Holidays - Heaven or Hell? What do you want summer 2020 to be like?	

## Upcoming Cityparents Webinars 2020 (continued)

			WEBINAR
Thurs	10 September	Stress-free morning routines	
Mon	14 September	Resuming your career after a significant break	
Tues	15 September	Making meetings work	
Wed	16 September	How to choose the right school	
Thurs	17 September	Thinking differently about failure	
Mon	21 September	Maximising your personal brand	
Wed	30 September	Eating for hormone balance and better health	
Thurs	8 October	Promoting a healthy body image	
Mon	12 October	Talking menopause	
Thurs	15 October	Homework matters	
Tues	3 November	Overcoming fear of public speaking	
Mon	9 November	Teenagers and drugs	
Tues	10 November	Joint webinar: Couples that work <b>CITYparents CITYworks</b>	
Wed	11 November	Strategic networking	
Mon	16 November	Psychological resilience	
TWed	25 November	Talking to teens about alcohol	
Tues	1 December	Understanding the teenage brain	

 CAREERS
  FAMILIES
  WELLBEING
  MENTORING

**CONTACT:**  
**Louisa Symington-Mills** CEO  
[louisa@cityparents.co.uk](mailto:louisa@cityparents.co.uk)

FOLLOW US ON:    

[www.cityparents.co.uk](http://www.cityparents.co.uk)