



Upcoming Cityparents Events

2020

19 October	Mentoring circle: Positioning for a promotion	
20 October	Webinar: Strategies to improve your self-esteem	
21 October	Online support group: Parents of disabled children	
22 October	Webinar: First aid for your child's mind	
27 October	Webinar: Conscious inclusion - From intention to action	
2 November	Webinar: Support for parents of LGBT+ children	
3 November	Webinar: Presenting with impact, virtually	
4 November	Webinar: Numeracy matters	
5 November	Webinar: Racism at work - Black voices	
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	
17 November	Webinar: Disability etiquette for colleagues in the workplace and outside it (and a bit about racism, sexism and LGBT prejudice too)	
18 November	Mentoring circle: Manager as Coach	
19 November	Webinar: Real life role models - IMD 2020	
23 November	Webinar: Three levels of influence	
24 November	Webinar: Strategies for self-care at work	
25 November	Webinar: Talking to teens about alcohol	
26 November	Webinar: Getting the most out of your Cityparents membership	
30 November	Webinar: Raising the Covid Generation - Supporting children transitioning into the workplace	
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	

Upcoming Cityparents Events (continued)

2021

12 January	Webinar: Career progression when working remotely	
14 January	Webinar: Mastering emotional intelligence	
18 January	Webinar: Understanding teenagers	
19 January	Mentoring circle: Re-energise your career	
20 January	Webinar: Raising girls, raising boys	
21 January	Webinar: Managing diverse teams	
25 January	Webinar: Agile and flexible working	
26 January	Webinar: No going back: How work has changed in ways that we've recognised (and not) in the Covid era	
27 January	Webinar: Better relationships at work and at home	
28 January	Webinar: LGBT+ inclusion at work	
2 February	Webinar: Protecting children's mental health	
3 February	Webinar: Empathy the new superpower	
9 February	Webinar: Benefiting from mindfulness	
10 February	Webinar: Creating a love of sport	
22 February	Webinar: Caring for elderly parents whilst holding the needs of your children and family in mind...	
23 February	Webinar: Imposter syndrome	
25 February	Webinar: The way of the productivity ninja	
1 March	Webinar: Wellbeing and resilience for sustainable performance	
2 March	Speaker series webinar: Professor Susan Golombok - We are family	
3 March	Online support group: Carers of elderly relatives	
8 March	Webinar: Learn three simple stress reduction skills	
10 March	Webinar: Chalk and cheese parenting	
15 March	Webinar: Persuasive influence	
16 March	Webinar: Talking about sex and sexuality with your growing child	
17 March	Webinar: Parenting hack for children with SEN	
22 March	Webinar: Single parents matter	
24 March	Webinar: How to quiet your negative inner voice	
25 March	Webinar: Thinking differently about failure	



CAREERS



FAMILIES



MENTORING



RESILIENCE



WELLBEING

Upcoming Cityparents Events (continued)

2021

29 March	Seminar: Wellbeing - Happiness - Flourishing	
30 March	Online support group: Single Parents	
20 April	Webinar: Understanding naughty	
21 April	Webinar: Hacking Inclusion	
22 April	Seminar: Mastering the art of difficult conversations	
26 April	Webinar: The power of gratitude	
4 May	Webinar: Planning for parenthood	
5 May	Seminar: Teens and screens	
11 May	Online Support Group: IVF and Fertility	
12 May	Webinar: Raising happy confident kids	
13 May	Webinar: Coach yourself: Getting out of a dip in morale	
18 May	Webinar: Nutritional secrets for good sleep	
19 May	Seminar: Self-care and the myth of multi-tasking	
27 May	Webinar: Building childrens self-esteem	



CAREERS



FAMILIES



MENTORING



RESILIENCE



WELLBEING

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