

Bright Horizons

Q1 2022 Webinar Schedule

All webinars run from 12:30 – 13:15 and can be accessed on demand via the [Resource Room](#) on your Client Landing Page

Date	Topic	Summary
19 th January On Demand	Managing Change & Complexity	We live in uniquely unsettling and uncharted times as we respond to the global and local changes brought about by the pandemic, the climate emergency and escalating humanitarian crises. In this session, we identify our relationship with change and challenge. We explore the complexities and look at how we can stay calm, focused, communicative and collaborative at work and in the rest of our lives. We examine how change can unleash unhelpful default thinking and tackle this by sharing practical ideas to support more positive, proactive and successful ways forward. Join us for an upbeat and insightful look at how we can make the most of new opportunities and foster a new awareness in our current situation.
24 th February Register Now	New & Necessary Leadership Styles for Today	All too often working parenthood or caring is seen in terms of deficit - getting the job done despite the demands and distractions of raising children or looking after adult dependants. But there are many transferable skills, and these are increasingly being celebrated today as wider family commitments and values find their way into more conversations on work-life integration. In this session, we ask what effective 'leadership' looks like and why some of the previously acceptable ways now need to be disrupted or renewed. We explore practical strategies for reflecting on the role caring responsibilities play in enabling personal growth and clarity of perspective - essential for now, when our values and motivation are in the spotlight more than ever.
30 th March Register Now	Working Smart: Managing Time & Boundaries	How can we work smarter, not harder? What can we do practically to free up more time and make the most of the moments we have in our work and our home lives? How do we get better at identifying the time stealers and time savers that can make all the difference? The hybrid work pattern is here to stay for many of us as we take forward the opportunities for work life balance following the impact of the pandemic. In this session, we'll discuss strategies and best practice tips for more effective conversations and actions with your manager, teams and wider stakeholders in our broader lives.
27 th April Register Now	Understanding Neurodiversity	Exploring how it is to live and work with neurodiversity while debunking the popular myths and misconceptions that persist. What are some of the strategies individuals and their allies can utilise to overcome obstacles and misunderstandings? And how can we more fully understand and celebrate the benefits of diversity?
12 th May Register Now	Avoiding Burnout	Reflecting on strategies to reduce the risk of burnout and managing the response when things are heading in the wrong direction. We know burnout can impact anyone; so how do we maintain performance and wellbeing under the constant pressure of long hours, tight deadlines and wider commitments?

2022 Webinar Schedule

Date	Topic	Summary
8 th June Register Now	Caring, Connecting & Your Career	Considering how carers can build their personal support networks – both within and outside their workplace - to access the information, support and role models they need. Many working carers are part of a 'hidden population' with commitments not fully visible or understood, what can be done to stay on track with your career alongside caring?
13 th July Register Now	Alternative Voices: Living Diversity & Inclusion	Going beyond understanding the policy and intention of diversity and inclusion in our workplaces to explore what it means in practice. What are the obstacles and on-going biases many still face in getting further in their careers? What is needed to overcome these and how can representation and role models in the workplace make a difference?
21 st September Register Now	Workplace Happiness: Why, What & How?	Exploring what works in terms of creating a happy and satisfying place of work. Whether you are working remotely, back in the office or have been working on site throughout the pandemic, what are the must haves for happiness at work? What set up and practices could enhance your workplace happiness?
19 th October Register Now	Ditching the Guilt: Proactive solutions for work-life balance	Discussing what proactive practices can help you move beyond unhelpful guilt to more positive outcomes for yourself and loved ones. While guilt, in its purest form, is a helpful response designed to motivate us into taking action, too often it's the 'unhelpful guilt' we experience daily. How can we move on from this emotion by tuning into our values and our choices?
17 th November Register Now	Dealing with Bullying, Gaslighting & Intimidation	Thinking about bullying, whether the intimidating behaviour is happening at school, at work, online or within personal relationships. Bullying, whatever the motivation or method, can affect anyone. What might be the key strategies for how you and your loved ones can best deal with it, regardless of where it is happening, to get beyond its impact and influence?