



Navigating the Impact of Coronavirus on Work+Family

A series of free webinars
to watch on demand

In response to the Coronavirus pandemic, we created a series of **webinars** to help people navigate these uncharted waters. They're now available to watch on demand.

Whether you'd like to know more about maintaining mental health and good relationships, the challenges of home-schooling, looking after vulnerable or elderly adults, or work-related issues such as tips on remote working and how to support your team, they are all covered in this series.

Benefit from our experts' advice and tips, or simply tune in to gain comfort from the fact that we are all in this together.

Please feel free to share these webinars with partners, friends, and colleagues, they're open to everyone.

Maintaining Good Mental Health and Wellbeing



In recent years, mental health awareness has become stronger than ever as more people share their stories openly. But what happens when a global crisis hits, threatening our routines so acutely that our usual way of life becomes unrecognisable? Since the arrival of the new coronavirus, individuals who have not previously experienced anxiety, isolation or heightened stress may also find themselves tackling these challenges for the first time. In this session we explore strategies for maintaining positive mental health and how we can pay better attention to both our own wellbeing and that of those around us.

" I found the webinar to be engaging, supportive and full of advice and insights on how we can function in these changed circumstances. I have bipolar affective disorder, and I am working from home and trying to maintain my son's secondary education, and it is hard. But I came away from this session feeling like I can balance it all, and I am looking forward to the next sessions. Thank you! "

" The session really helped me look at the lockdown from a different perspective and to find some positives that I hope will lead to a better outlook for me, thank you! "

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Best Practice for Remote Working



Record numbers of us are now working remotely, where our job roles allow, and there has been a sudden and necessary increase with the arrival of the new coronavirus as organisations and teams play their part in reducing the risks. Hear about best practice strategies for individuals, managers and employers in making remote working as effective as possible to support business as usual.

" This session on remote working was a very well spent 1hr, useful info shared, conversation moved along well, nice amount of audience participation and contributors all had something different to share which was insightful and that I hadn't considered before. I have shared to colleagues and clients already, it was that good! "

" Having my concerns verbalised by others gave me reassurance that we're in this together and the confidence to keep doing my best."

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Managing your Support for Elderly & Vulnerable Dependents



Looking after our elderly and vulnerable loved ones means, for many, managing unpredictable care needs and complex on-going negotiations with wider family members and healthcare providers alongside pressured work commitments. During these times of the new coronavirus, there is even greater uncertainty. Self-isolation adds to the pressures of providing the appropriate levels of care and contact. In this session we explore best practice and key insights on both the emotional and practical aspects of distant caring.

" This webinar was exceptionally timely and helpful for me as I am trying to navigate caring for my elderly mother from a distance, alongside managing work at home. It helped me make some clear decisions for myself and to interpret what feels like quite confusing guidance from government. It was great to hear from a few different speakers who have relevant personal as well as professional experience."

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Maintaining Domestic Harmony & Positive Relationship



Getting along with our families - or our flatmates - can be challenging at the best of times, but this is compounded when we're confined, in close proximity, for sustained periods of time. Given the adjustments in place during the new coronavirus pandemic, many of us will need to dig deep to maintain domestic bliss. Whether in self-isolation or social distancing, it might seem like managing an extreme version of the tensions that can flare up around winter festivities and school holidays! Hear about how we can practise emphasising the positive for a calmer, more harmonious household. We'll look at building empathy as well as practical day-to-day strategies.

" Engaging. Easy to understand the tips and how I could implement them in my own life. Very useful."

" Tune into this session if you are looking for ways to improve your relationships at your family members, partners, friend and/or co-workers no matter your situation! I strongly related to so many of the examples and ideas spoken about throughout the session, I highly recommend it! "

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Talking to Children and Young People About the Virus and its Impact



In this age of 24/7 news and information, we can find ourselves bombarded from every platform; on our smart phones via constant notification and updates, the rolling TV and online coverage, radio broadcasts and wider commentary. This can be unsettling and in the context of the new coronavirus it can promote fear, anxiety and also misinformation. Whether we have teenagers with their own digital devices or younger children hearing it from the playground, we need to ensure the messages are making sense and that we're available to respond to their questions. Hear about best practice communication strategies from a parent coach. We'll look at minimising the pressure and increasing our awareness of what our children and young people need from us in these extraordinary times.

" Bright Horizons certainly made me feel there is a Bright Horizon coming. Gained reassurance and tips on how to cope in the light of the coronavirus. I highly recommend parents who are feeling overwhelmed / uncertain to have a listen."

" It was a really useful session; the facilitators were warm and easy to relate to with first hand family experience bringing it to life and an understanding of the different concerns and problems we are all facing. It's made my day so much more positive and made me think so much more on how to deal with my children."

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Boosting Immunity & Healthy Living in Extraordinary Times



Today we are all more aware of what we eat, drink and consume (or at least aware that there is a lot of guidance) and the impact of this on our physical and mental health and energy. Now faced with the prospect of staying in at home during the current coronavirus pandemic, we might find ourselves concerned about a shortage of fresh food in our fridges, or worried about snacking on unhealthy treats, or missing out on exercise, just when our immune systems need a boost. In this session, we take an encouraging, non-judgemental look at some of the best life hacks for staying strong, eating well and maintaining essential exercise in a very different routine from usual.

" It was clear, uplifting and positive. Plenty of options and methods to maintain all-around well-being for all."

" A very useful resource in times of extra stress where many things are beyond our influence of control. These ideas and resources were a means to being able to gain back some control. Thank you."

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Supporting your Team



Many of us will have been managing home working in our teams for some time, but in these new coronavirus times, we have many more teams and individuals working remotely. People respond differently: some report record levels of productivity, while others really miss daily contact with colleagues and worry about a loss of structure to the day. Whether we are managers or colleagues, how can we best support our teams and colleagues in our changed working lives? How do we maintain both productivity and the personal satisfaction we all want from our roles?

" Really good to hear different voices on the topic. The three people involved in webinar were engaging and presented a well-rounded approach to supporting the team and yourself."

" The best of the Coronavirus webinars so far. The mixture of two presenters made a great balance! "

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The School-free World & Managing your Children at Home



The unprecedented steps taken by governments around the world to close schools and limit the spread of the new coronavirus have had far-reaching consequences for working families. How can we build sustainable models for home learning and maintain the routines a school day has provided until now? How will our children continue to develop and engage in social interactions in these times of limited physical contact? And for parents and carers able to continue with work roles from home, how can we create the necessary time and space to do this well? This session will explore strategies for establishing new routines as we share practical insights on re-thinking our new look day-to-day lives.

" Fantastically informative webinar! It provided some great tips for engaging effectively with your children."

" It was nice to sit on a webinar where you didn't feel judged and the facilitators made it clear that no one is perfect in their approach to the current situation (including themselves) and sometimes it is okay to do things wrong and it is more about coping as a family."

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Reasons to be Cheerful: Keeping Entertained and Connected from home



With social distancing and the uncertainty around the hospitality, leisure and tourism sectors we don't know when we might be back at the movies, sharing stories over a drink, enjoying theatre, eating out or visiting the gym again. Day-to-day life has changed almost overnight. In these times, how can we best stay entertained and encouraged from home? How do we continue to have dynamic and interesting 'free time'? Are there perhaps positive opportunities to be found in the 'new normal'? This session looks beyond the boxsets and shares ideas on the broader activities and opportunities for staying entertained and connected from home.

" 1st ever webinar and I am now hooked! "

" Great to get viewpoints from different experts with their own personal experiences. I now have a list of additional things to try out for myself, children and extended family."

" I really enjoyed the personal nature of the discussion, and the general positive attitude of the speakers. I also enjoyed the conversational nature of the webinar - it was much more entertaining and engaging than a straight up presentation-reading-off-the-slides style! "

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About Bright Horizons Work+Family Solutions

What we do:

We help to increase our clients' employee wellbeing, engagement and productivity, supporting career progression and improving recruitment and retention of talented and diverse workforces.

How we do it:

Our complementary services include workplace nurseries and back-up care, leadership coaching and development, family network events and management guidance. Our bespoke services address the practical, emotional and cultural needs of organisations and individuals. It's good for employers and good for employees. Everybody wins.

Our family of services includes:

- Our award-winning **Back-Up Care** network, which saves our clients over 80,000 days in productivity each year.
- **Work+Family Space** which provides parents and carers with access to a huge range of resources and expertise.
- **Coaching & Development** solutions to help businesses retain and develop their employees through life's big transitions and ongoing parenting and caring responsibilities.
- **Parental Leave Toolkit**, our unique online and app coaching solution for new parents and the managers who support them.
- **Workplace Nurseries** offer high-quality, on and near-site childcare for employees.

Our History:

Bright Horizons was started over 30 years ago. Initially the founders saw that childcare was an enormous obstacle for working parents. Alongside the provision of great childcare solutions, today we are dedicated to supporting employers enable the holistic combination of work and family; ensuring their working parents and carers are amongst the most engaged and productive members of any team. The business now globally encompasses approximately 1,100 nurseries, over 10,000 back-up care providers and works with more than 1,150 of the world's leading employers providing a full range of work and family support.

With operations in the US, UK, India and the Netherlands, we specialise in supporting multi-national clients. We have a strong commitment to corporate sustainability, which we approach through our Bright Horizons Foundation for Children.

A partner, provider and employer of choice

We pride ourselves on delivering the best for our clients, families and our own employees.

- Our Infosec and insurance policies are sector-leading, and our work on Keeping Everyone Safe has seen us receive a Gold RoSPA award of choice.
- We are a 'Master Great Place to Work' having been judged a Great Place to Work for 13 consecutive years by The Great Place to Work Institute.
- We're also one of the Top 50 'Great Places to Work' in Europe.
- We are a diverse and equal opportunity employer with Investors in Diversity Status.

+30 EMPLOYER AWARDS

We've helped our clients win over **30** nationally recognised family-friendly employer awards

+8 DAYS PRODUCTIVITY

Our Back-Up Care service typically saves our clients **8 days** in productivity per employee per year

+14% TALENT RETENTION

We help retain 14% more of leading law firm **Norton Rose Fulbright's** maternity population through our coaching programme

+12% EMPLOYEE ENGAGEMENT

We increased **Northern Trust's** employee engagement score by 12% with our Work+Family Space

Get in touch to find out how we can help your business and your employees

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