

Parent mental distress is on the rise and **family-work-conflict** is one of the major causes.

In 2018, **36% of the workforce** – were parents to a **child below age 18**. High levels of mental distress among such a large part of the workforce, can **have major ramifications of overall productivity levels and can strain family relationships**.

Source: Melbourne Institute Research Insight:21/20

Leading companies know that supporting working families is good for business and it's corporate responsibility.



Charlotte specialises in cultivating and supporting positive mindsets and behaviours with a specific focus on enabling wellbeing for parents in the workforce through her CALMER Parent Wellbeing Model™. Through this work, parents learn to thrive despite struggle.



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The outcome for these sessions:

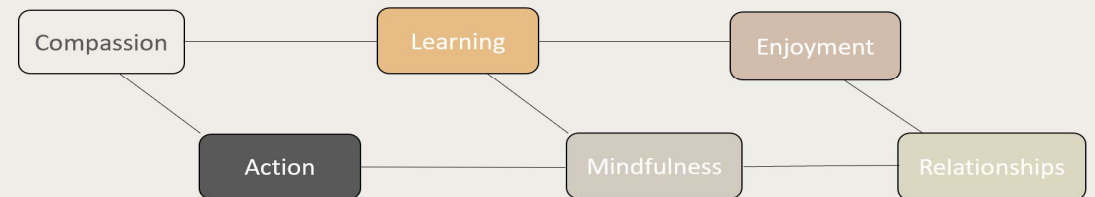
- Share strategies for parents to be their best selves and strengthen the ecosystem everyone comes home to, so their families, workplaces and our future communities thrive.

Option 1: 1 X 90 mins Webinar
Or

Option 2: 3 X 40 mins webinar sessions/per week

*Any major customisation requiring more than 3 hours of effort will be an additional cost.

The CALMER Parent Wellbeing Model™



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The CALMER Parent Wellbeing Model™ combines elements from Seligman's PERMA™ model and incorporates strategies derived from ACT Mindfulness, VIA Character Strengths and other Positive Psychology research.

1. Compassion

- For self and for others, working the basics of health

2. Action

- Taking positive values guided action

3. Learning

- Applying a growth mindset

4. Mindfulness

- Building psychological flexibility

5. Enjoyment

- Using strengths to increase joy in and energy for life

6. Relationships

- Appreciation for and nurturing positive relationships