

EMPOWERING REMOTE WORKING PARENTS:

Strategies that increase productivity and well-being

A transformational talk from The Life Guidance Center



With the advent of the coronavirus, what are you doing to support your remote employees who are also parents?

How do you ensure they are as productive as possible in their work with all the added stress and responsibilities?

Bonnie Compton can help you. She's a popular parent coach and child/adolescent therapist with the award-winning Life Guidance Center.

In this 60-minute interactive talk, Bonnie provides a safe space and the tools needed by your employees who are overwhelmed with parenting while trying to get their job done.

Your employees will learn:

To become a more calm and confident parent, which will decrease their stress. **Less stressful** parents will be more attentive to their work and therefore, **more productive**.

To parent mindfully and plan their day, which **will improve time management** and **enhance the balance** between work and family.

The importance of incorporating self-care into their daily routine, which will **promote wellness** and **decrease burnout**.

Be the employer who emphasizes the mental health of their team during these stressful times. You'll also have happier and more productive employees.



For 30+ years, **Bonnie Compton** has been one of America's most trusted resources when it comes to parenting. Her advice has appeared in The Washington Post, Mindful Parenting Magazine, Lowcountry Parent Magazine, and many podcasts. She is a parent coach at The Life Guidance Center and author of "Mothering With Courage."

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To learn more, email Bonnie directly at bonnie@bonniecompton.com