



# About Our Services

We support the 3 key areas that keep 4 out of 5 working parents from turnover, burnout, and quiet quitting.

## Courses, Webinars, and Lunch and Learn

Topics Include:



Positive, Strengths-Based Parenting

7 Habits of Successful Kids

Why is My Life Chaotic - How to Gain Clarity

Stop Crazy Cycle of Emotions

Achieving Successful Work-Life Balance

How Do I Keep Up? Creating a Sustainable System

And More

## Individual Growth Plans and Coaching:



Individual Coaching



Group Coaching

## Diversity, Equity, and Inclusion Groups:

- Online Community Facilitation
- Working Parent Advocate Certification for HR, Coaches, and Trainers
- Employee Resource Group Launch and Maintenance