

Webinar

Home, Work, and Life: Fitting It All Together

1. What are some strategies one can utilize in communicating preferences for remote/hybrid work with their superiors?
2. How has access to adequate childcare impacted your perceptions of remote and hybrid work? Do your coworkers with different childcare arrangements to you differ in their perspectives?
3. How can working parents and non-working parents support each other to create a work environment that accounts for a diversity of work and family responsibilities?
4. What are some steps one can take to ensure they don't lose access to career-enhancing work when requesting a more flexible work schedule?
5. What are some lessons you have learned in approaching conversations about more equitably distributing care work in your personal relationships? Why or why not did these particularly resonate?
6. How can one model for their children, mentees, or others a healthy work/life balance?
7. What are some boundaries that can be set to encourage one to take time for themselves and prioritize their own needs? Are there any you plan on implementing personally?