

# Dentons Parents Connect: Thriving (or perhaps surviving!) as a working parent

## Date and time:

**Start:** January 28, 2021, 1:30 PM GMT

**End:** January 28, 2021, 2:30 PM GMT

Dentons' Parents Connect is excited to invite you to the second instalment of our virtual event series: "Thriving (or perhaps surviving!) as a working parent".

Please join us on Thursday, January 28, 2021 for the opportunity to discover new ways of mastering working parent life, which is particularly timely given that UK schools are now closed.

During this Parents Connect event, **Christine Armstrong**, author of "The Mother of All Jobs: How to Have Children and a Career and Stay Sane(ish)", will facilitate an exploration of ideas, practical tips and tools to help working families manage their time. We will focus on managing home schooling if most schools are still closed at that point, including:

- Keeping yourself calm and stable
- Setting boundaries and maintaining structures
- Daily and weekly time management
- Balance between parents/carers (if there are two caregivers)
- Building energy and resilience

This event will also give you the opportunity to meet other parents working in similar industries and to share your personal experiences and learnings.

Please let us know if you have any suggestions about how we can best tailor this topic to your individual needs by emailing **the Dentons Events Team**. Christine will then endeavour to cover those specific points during the session.

We hope you can join us. The session will take place at the following times:

8.30 a.m. – 9.30 a.m. ET | 1.30 p.m. – 2.30 p.m. (GMT)

2.30 p.m. – 3.30 p.m. CET | 5.30 p.m. – 6.30 p.m. (GST)

## Your Key Contacts



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## Event contact

**UK Events Team**

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