

GREAT @
HOME
GREAT @
WORK



Kathy Lynn
PROFESSIONAL SPEAKER

PARENTINGTODAY.CA

When you have children, life is a balancing act. Because what happens at home manifests itself in the workplace:

According to the Surrey Board of Trade work-life conflict costs the business community in excess of \$600 million a year. That's because parents who are always worrying about their children are not productive employees.

Because of this, some family friendly employers are now offering benefits that support and aid employees who are also parents.

But one important benefit which is not often considered by employers is parenting training and support in the workplace.



That's what GREAT@HOME – GREAT@WORK can offer your employees.

WHAT IS THE VALUE?

Studies confirm that work-life conflict causes:

- Increased absenteeism
- Increased employee turnover
- Reduced productivity
- Increased disability costs
- Increased health costs
- Reduced job satisfaction
- Increased managerial stress
- Impaired family/social relationships

GREAT@HOME – GREAT@WORK IS THE SOLUTION.

Supportive workplaces for parents results in:

- Decreased absenteeism
- Reduction in stress leave
- Increased productivity
- A more stable workforce
- Reduced health costs
- Reduced EFAP costs

WHAT DOES GREAT@HOME – GREAT@WORK OFFER?

INITIAL WORKPLACE PRESENTATION BY KATHY LYNN

All parenting programs start with a live workshop. The topic is determined by the interests of the particular employee group – teens, discipline, self-esteem, chores and so on. The workshop helps your employees develop confidence in Kathy Lynn, and sets them at ease about getting the most out of the follow-up programs.

FOLLOW-UP PROGRAMS

There are then a number of popular and effective parent support programs available for your workplace.

Email Support:

After any education event, participants often find themselves with questions that come up days or weeks after hearing the speaker. Kathy will provide a unique email address for your employees who can then send parenting questions which will be answered within 48 hours.

Articles:

A monthly article for an internal newsletter provides valuable content and a simple way for the participants to read more about positive child-raising. The content will vary to cover various topics and ages of children.

Email Tips:

For those who find it difficult to find time to do the reading, Parenting Today can send out weekly tips that you can provide to your members who are parents.

ADAPT TO YOUR NEEDS

Along with a live workshop, you can work with Kathy to develop an annual program for your workplace incorporating the different follow-up support programs.

Or you can choose to develop a customized program which meets the needs of your workplace wellness programs.

CHILD DISCIPLINE...STEPS TO SUCCESS®

Child discipline helps children learn the rules, experience the consequences of their behaviors (negative and positive) and develop an understanding of the decision-making process. Effective discipline acknowledges the temperaments and priorities of both children and parents. This presentation offers a pain-free, flexible system which moves children to self-discipline. It is appropriate for parents of children from infancy to puberty.

BUT, WHY CAN'T I GET THEM TO TAKE OUT THE GARBAGE?®

In this workshop you will learn why doing chores matters and how to get your kids to help out around the house.

The skills presented will cover a range of responsible behaviors from picking up their toys to managing a clothing allowance. It is appropriate for parents of children of all ages.

WHO'S IN CHARGE ANYWAY?®

A presentation on empowering parents.

Listen, Explain, Negotiate, Empathize. Parents today have become so understanding that they have lost sight of who's in charge when it comes to parenting issues. It's the parent's job, the parents' responsibility, to be in charge.

"I LIKE ME!"®

Child self-esteem is a topic of growing importance in our society as we see our young people struggling to develop a positive self-image. Love is not enough. What do children need and what can parents do for their children? This presentation deals with the difficult and abstract concept of self-esteem and will offer a blueprint for success.

'TWIXT TWELVE AND TWENTY

When children reach their teens their parenting needs change. But they still need parenting and your role is vital during these years. This workshop will help parents negotiate the minefield of puberty.

This presentation is appropriate for parents of children between the ages of 10 and 16.

Why Kathy Lynn?

As Canada's leading parenting speaker and author, Kathy Lynn, BA, CCFE has been inspiring parents to re-dedicate themselves to raising their children for decades. She has guided thousands of moms and dads to become better parents, helping to change the lives of Canada's children.



Kathy's expertise includes certification as a Canadian Family Educator, serving as the Parenting Education Advisor to the Council of Parent Participation Preschool of BC, and most importantly raising her own two children into responsible and fun-loving adults.

Her lively keynote addresses and dynamic workshops are known for their humour and practical advice that can be put to use immediately. Kathy delivers keynotes as part of a quality workplace wellness program to members of the helping professions and parent conferences.

She regularly appears on television and radio, and is a regular columnist in newspapers and magazines. Her articles have appeared in the *Toronto Star* and the *Vancouver Sun*, *Today's Parent* magazine, and in many community newspapers.

Kathy has recorded three of her most popular keynote addresses:

- "Discipline...Steps to Success"
- "Stop It, You Two!"
- "I Like Me"

She has also published two popular parenting books:

- **Who's in Charge Anyway?** which deals with the parents' role in raising disciplined children
- **But Nobody Told Me I'd Ever Have to Leave Home**, dealing with parents' responsibility to prepare their children for adulthood.



Kathy's career began when her children were young and parenting resources were not readily available. She trained as a parenting speaker and began leading parenting classes. Kathy has a BA in applied social services and a diploma in Community Service.

She worked as a Child Protection Worker and as a director of a family services agency before devoting her time to speaking on parenting issues.

Kathy is an active member of the Canadian Network to End Corporal Punishment of Children, and the 2012 President of the Canadian Association of Professional Speakers, Vancouver chapter.

She and her husband John have two grown children who both recently became parents.

WHAT DO PEOPLE SAY ABOUT HER?

"The parenting seminar was fantastic... it really built my confidence in terms of managing difficult situations/people/family. Loved it!"

– BLG Ottawa

"..able to answer question with compassion and empathy. Very positive!"

– Canadian Rockies Public Schools

"Great tips and tools – very practical, great sense of humour, encouraging..."

– LifeSpeak Inc., seminar

"I contacted Kathy by email a few weeks back and received a very timely and informative response.

I enjoy her tips and appreciate that the firm offers such a valuable resource for its employees. It's another reason why BLG is such a great place to be work."

– BLG Vancouver

"Made major issues very practical and basic."

– Delta Credit Union

"It's like she's been in my home. She knows what happens there"

– Public Seminar

"The feedback I got from employees in attendance was overwhelmingly positive and many of them asked me to bring her back for another talk on parenting. Most important, we all appreciated the current and practical advice Kathy gave as well as her sense of humour."

– PMC-Sierra Ltd

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To learn more about Kathy visit her website at www.parentingtoday.ca, call her at 604-248-9074 or email her at Kathy@ParentingToday.ca