

Teaching / training assignments: Life skills - Balance between parenting and career under project **2023-1-BG01-KA121-ADU-000115419**, Erasmus +

Leader: Association of Psychologists in Bulgaria

Participating organization: APB /Kocatürk Danismanlık Özel Egitim Hizmetleri Turizm ve Proje Hizmetleri Ticaret Sanayi Limited Sirketi

DATES: 29.03.2024 – 07.04.2024

Day 8

Topic1

How to integrate work and family time

Workshop

This workshop aims to equip participants with practical strategies to seamlessly integrate work and family time. By fostering a harmonious relationship between these two essential aspects of life, individuals can enhance their overall well-being and productivity.

Workshop Objectives

1. Understand the importance of work-family integration.
2. Identify common challenges faced by individuals in balancing work and family commitments.
3. Explore research-based approaches to harmonizing work and family life.
4. Provide practical tools and techniques for effective time management.
5. Foster a supportive environment within organizations for work-family balance.

Session 1

The Work-Family Landscape Introduction: Setting the context for work-family integration.

Statistics and Trends: Understanding the impact of work demands on family life.

Personal Reflection: Participants share their experiences and challenges.

Session 2 Strategies for Integration

Time Management Techniques: Prioritizing tasks and setting boundaries.

Flexibility and Remote Work: Leveraging technology for work-life balance.

Communication Skills: Effective communication with family members and colleagues.

Self-Care: Nurturing physical and mental well-being.

Session 3: Building Supportive Environments

Organizational Policies: Advocating for family-friendly policies.

Creating Allies: Encouraging peer support within workplaces.

Leadership Role: How managers can model work-family integration.

Session 4: Action Planning

Individual Action Steps: Participants create personalized plans.

Accountability Partners: Pairing up for mutual support.

Feedback and Reflection: Sharing insights and takeaways.

Key Takeaways:

Balance is Possible: Participants will leave with a renewed belief that work and family life can coexist harmoniously.

Practical Tools: Access to time management techniques and communication strategies.

Community Support: Building a network of like-minded individuals committed to work-family integration.

Training games and activities

"Integrating Work and Family Time"*

Time Management Relay

Divide participants into teams. - Each team receives a set of work-related and family-related tasks (e.g., "Finish a work report" or "Cook a family meal").

Teams must prioritize and allocate time for each task. - The team that completes all tasks within the allocated time wins.

Role Reversal Skits

Participants act out scenarios where work and family roles are reversed.

For example, a manager becomes a stay-at-home parent, and vice versa.

Encourage creative improvisation and highlight the challenges faced in each role.

Discuss insights and empathy gained from the exercise.

Family-Work Bingo

Create bingo cards with common work and family-related activities (e.g., "Attend a team meeting" or "Help kids with homework").

Participants mark off activities they've done recently.

The first to complete a row or column shouts "Bingo!" and shares their experiences.

Time Capsule Letters

Ask participants to write letters to their future selves.

Include goals related to work and family life.

Seal the letters and set a date (e.g., 6 months or 1 year).

Revisit the letters during a follow-up session to reflect on progress.

Family Photo Storytelling

Participants bring family photos or create digital collages.

Share stories related to each photo.

Discuss how these moments impact their work-life balance.

Emphasize the importance of cherishing family time.

Work-Family Trivia

Prepare trivia questions related to work policies, family dynamics, and time management.

Teams compete to answer correctly.

Use this as an opportunity to educate participants about relevant topics.

Balancing Act Obstacle Course

Set up an obstacle course with work-related and family-related challenges.

For example, participants might need to balance a laptop while carrying a baby doll or complete a puzzle while answering work emails.

The fastest completion time wins.

Family Recipe Exchange

Participants share their favorite family recipes.

Discuss how cooking together can be a bonding activity.

Highlight the importance of family meals despite busy work schedules.

Work-Family Vision Board

Provide magazines, scissors, and boards.

Participants create vision boards representing their ideal work-family integration.

Include images, quotes, and symbols.

Share and discuss the boards as a group.

Reflection Circle

End the workshop with a reflective circle.

Participants share one action they plan to take to improve work-family balance.

Encourage mutual support and accountability.

Topic 2

Parenting in the Digital Age The Challenges of Parental Responsibility in Comparative Perspective

This workshop aims to explore the challenges faced by parents across different income levels and cultural contexts. By understanding these challenges, we can empower parents to navigate the digital landscape effectively.

Workshop Objectives

1. Understanding the Landscape
2. Explore the digital environment children inhabit.
3. Recognize the impact of technology on parenting dynamics.

Parental Roles and Responsibilities

Discuss normative expectations of parents.

Acknowledge practical limitations in fulfilling these responsibilities.

Parental Mediation Strategies

Compare restrictive and enabling forms of parental mediation.

Examine how socioeconomic and cultural factors influence parenting styles.

Global Perspectives

Investigate cross-national variations in parental approaches.

Highlight challenges faced by parents in high, middle, and low-income countries.

Children's Perspectives

Understand children's experiences online.

Address concerns related to screen time, internet addiction, and stranger danger.

Self-Care Matters

Prioritize Health: Regular exercise, adequate sleep, and proper nutrition are non-negotiable. A healthy you benefits both your family and your career.

Delegate and Outsource: Don't hesitate to seek help. Delegate household tasks or consider hiring a babysitter when needed.

Empowering Children Online

Explore positive parenting principles.

Foster open communication between parents and children.

Session 1 The Digital Landscape

Introduction Setting the context for parenting in the digital age.

Access and Devices: How children connect online (often via mobile phones).

Parental Concerns: Screen time, safety, and digital skills.

Session 2: Parental Roles and Challenges

Traditional vs. Digital Parenting: Balancing old wisdom with new realities.

Practical Constraints: Technological complexity and supervision difficulties.

Government Perspectives: Addressing the digital divide and child protection.

Session 5: Empowering Children

Positive Parenting: Nurturing resilience and critical thinking.

Community Networks: Creating supportive environments.

Action Plans: Participants develop strategies for their families.

Key Takeaways:

- **Parental Competence:** Acknowledge the rapid pace of technological change.
- **Balancing Act:** Strive for a harmonious blend of traditional wisdom and digital literacy.
- **Global Collaboration:** Share insights across borders to empower parents worldwide.