

UCD Parenting Seminar Series

Seminar 2: Juggling Parenting and Work

Overview

As a working parent, balance is often the Holy Grail. We juggle many roles and often feel we are doing none to the standard or in the way we want to. We leave ourselves bottom of the list and as there are no leftovers of our time we often overlook our own needs and desires. We may feel guilt, overwhelm anxiety, frustration. We juggle and may struggle.

Objective

To identify the key challenges which come into play specifically for you as a working parent and some practical tips and strategies to address same.

Content

- Overview of the key concerns and challenges of working parents
- Identifying the ones which are most relevant for you
- Ways in which we can change our experience of our existing situation by changing our thinking
- Practical suggestions and tips to reduce stress and rebalance.
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The lunchtime talks will be delivered by Marian Byrne, a professional life and parent coach (*see bio below*).

Date: Tuesday, 10 March

Time: 1 – 2pm

(Tea/Coffee available from 12.45pm, please bring your own lunch)

Venue: Belfield Campus

To book a place, please click [here](#). Early booking is advisable as places are limited. Attendance must be agreed with your Head of School/Unit or manager if it involves taking time out of the working day.

If you have any queries in relation to this seminar, please contact Marcellina Fogarty, Organisation Design and Diversity Unit at marcellina.fogarty@ucd.ie or Ext 4947.

Marian Byrne - The Parent Coach

Marian is the longest established professional life & parent coach in Ireland.

She works with parents on a group basis or one to one and her particular area of interest and expertise is with working parents in the workplace.

She runs customised programmes and seminars in schools, organisations and privately. Over the past 12 years she has worked with many organisations including UCD, Dundalk and Limerick IT, Citigroup, Deloitte, ESB and the Coombe Women's Hospital.

She is a lead facilitator with the Irish Lifecoach Institute and runs advanced training for coaches who specialise in working with parents, carers and families.

She is a regular contributor as 'the parent coach' on East Coast Radio and to various publications/papers and was one of the parenting experts for the parenting slot on Newstalk radio station. She is also the Parenting expert for www.MyChildcare.ie where you can view some of her articles and past monthly parenting newsletters.

Marian has three children – two boys aged 23, & 20 and a girl aged 17.