

2024

# LIVE PROGRAMME COMING UP

Work | Life  
CENTRAL

Talks • Workshops • Ask The Expert • Support Groups

## TALKS

29 Apr	Ask The Expert: Children and Teens Friendships and Bullying	↪
30 Apr	What is Intersectionality and Why is it Important?	↪
07 May	Understanding The Practical And Emotional Aspects Of Divorce	↪
08 May	Retirement: Setting Foundations For The Next Stage of Life	↪
09 May	Finding Joy In Movement For Your Mental Health	↪
14 May	Dismantling Our Biases: Moving to Conscious Inclusion	↪
21 May	Ask The Expert: Toddlers and Pre-Schoolers	↪
22 May	How to Adapt to Change at Work	↪
03 Jun	How To Invest Sustainably For The Future	↪
10 Jun	Balancing Working And Caring Responsibilities	↪
24 Jun	Ask The Expert: Private and State Secondary School Applications	↪
25 Jun	Workshop: Gain Confidence and Clarity with Personal Branding	↪
26 Jun	Igniting Sustainable Change with Awareness Dates	↪
01 Jul	Bringing Out The Best In Your Children	↪
08 Jul	Workshop: How to Reclaim Your Sleep	↪

## SUPPORT GROUPS

01 May	Carers of Elderly Relatives	↪
13 May	New Dads	↪
15 May	Menopause	↪
04 Jun	Single Parents	↪
17 Jun	Parents of Neurodivergent Children	↪
10 Jul	Parents of LGBTQ+ Children	↪

Please click on the titles or arrows for more information or to book your place.  
Or to view our full Live programme please visit [worklifecentral.com/events](https://worklifecentral.com/events)

## SHORTS

11 mins	Encouraging Adventurous Eating	↶ ↷
11 mins	Being More Authentic and Honest in the Workplace	↶ ↷
10 mins	Aligning Your Career with Your Purpose, Values and Passions	↶ ↷
03 mins	Good Morning Habits	↶ ↷
10 mins	Real Life Stories: Deepa Graham on Breakup and Divorce	↶ ↷
12 mins	Getting Your Teen Emotionally Exam Ready	↶ ↷
03 mins	What Is Anti-Racist Parenting?	↶ ↷
09 mins	Successful Performance Appraisals	↶ ↷
09 mins	The CALM Solution to Stressful Bed Times	↶ ↷
02 mins	Unlocking Quality Sleep	↶ ↷
06 mins	Real Life Stories: Robert Colvin on Extended Parental Leave	↶ ↷

## VIDEOS

60 mins	Talking About Cancer	↶ ↷
49 mins	But, You Look Fine - Living With A Non-Visible Disability	↶ ↷
55 mins	Navigating Challenging Conversations	↶ ↷
63 mins	Setting Boundaries and Limits with Children and Teens	↶ ↷
57 mins	How to Enjoy Family Evenings With Less Stress	↶ ↷
60 mins	How to Influence With Impact	↶ ↷
58 mins	Workshop: The Stress Detox	↶ ↷
60 mins	Workshop: How To Reduce Your Smartphone Use	↶ ↷
37 mins	Everyday Inclusion at Work	↶ ↷
26 mins	Positive Mindset When Returning From Parental Leave	↶ ↷
39 mins	Menopause: The Facts	↶ ↷

On Demand content is typically available for 90 days, but in some cases expiry dates vary. Click on the titles or arrows to view the relevant webpage, where the expiry date will be listed.

## EXPERT ARTICLES

7 mins	Gratitude: The Superpower That Turns Frowns Upside Down!	↩
9 mins	How to Support Colleagues Going Through Fertility Treatment	↩
5 mins	Could Your Child Be Atypical or Neurodiverse?	↩
8 mins	How To Be An Active Ally	↩
11 mins	Tips for Great Coaching Conversations for Managers	↩
4 mins	The Life-Changing Power of Mentorship	↩
12 mins	What Do Parents Need To Know About Internet Safety?	↩

## PODCAST EPISODES

19 mins	Celebrating Disability at Work	↩
25 mins	Inclusion, Intersectionality and Me	↩
38 mins	Working Parents - Finding the (Im)perfect Balance	↩
34 mins	Max Siegel on Being Transgender	↩
34 mins	LGBTQ+ Reverse Mentoring at Macquarie	↩
22 mins	Juggling Working and Caring	↩
27 mins	Legal Careers: Moving In House (and back again)	↩

## BLOG POSTS

6 mins	Linda's blog: "She's a Proper Mum"	↩
6 mins	Ruban's blog: Finding Your Lost Self	↩
4 mins	Louise's Blog: Back to Work and Back to Maternity Leave	↩
4 mins	Dolly's blog: My Family and Other Animals	↩
7 mins	Eliza's blog: Life After University: Navigating the Corporate World	↩

Please click on the titles or arrows to read or listen,  
and visit [worklifecentral.com/library](https://worklifecentral.com/library) to browse further.