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26th March 2019 | JUMP Forum Brussels

Work-Life Brilliance

Jenna Clarke, Thriving Parents Managing Director

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Work Life Brilliance

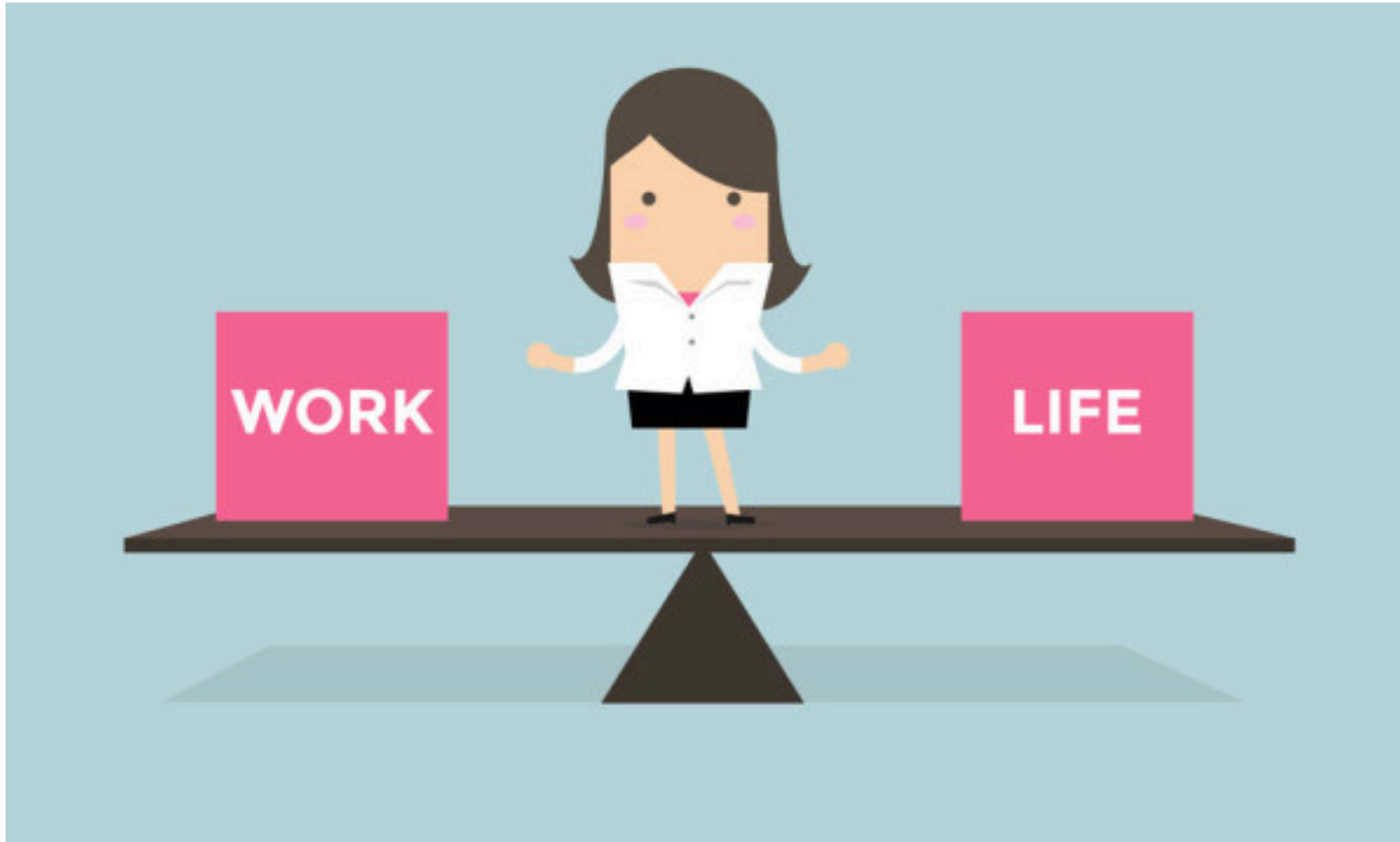
Juggling it all: successfully managing dual careers and parenthood at work

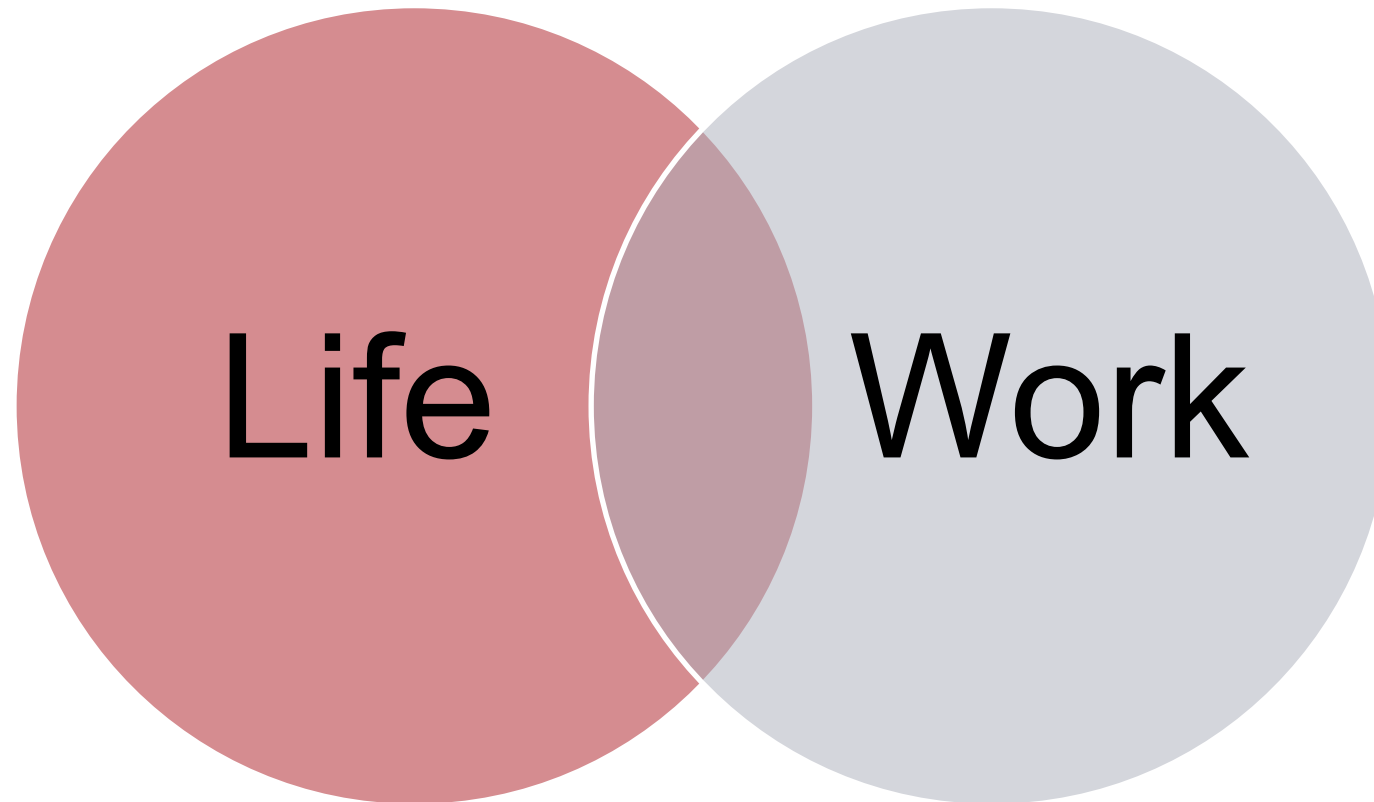
- Proud introvert
- Canadian living in Switzerland
- Mother of two boys, aged three and five
- Former journalist and communication manager
- Background in improvisational theatre
- Learning from lots of work-life balance mistakes
- Managing Partner of Thriving Parents, with Thriving Talent



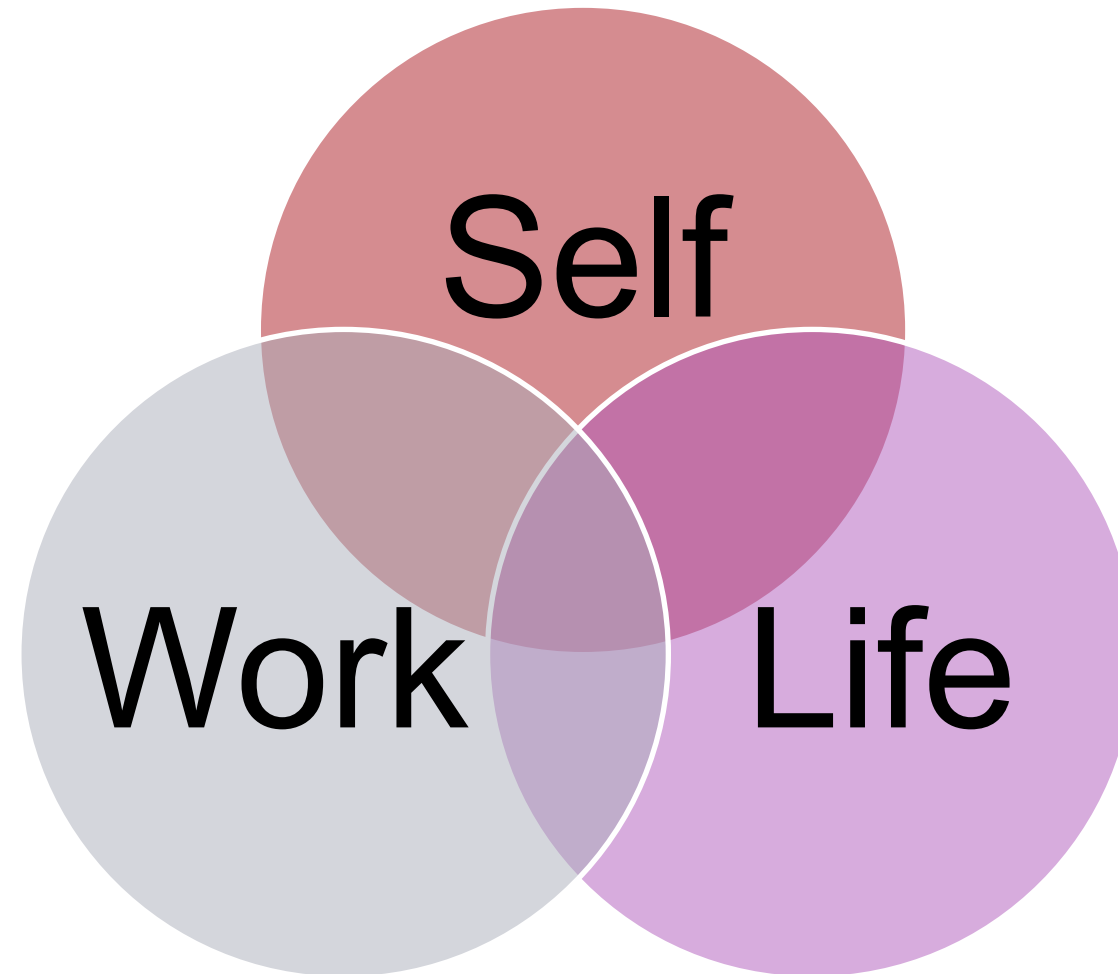
After this workshop, you will be able to:

- Align and better maintain your mindset for work-life brilliance
- Define what work-life brilliance means to you
- Have better conversations to align with your partner and work
- Understand how you can better tap into available resources
- Move forward concretely on your action plan for work-life brilliance











1, 2, 3

What is Work-Life Brilliance to you?

- Picture an ideal day for yourself
 - What values need to be honoured for yourself, your family and work?
 - Where are there gaps? Which area would you like to address?
-
-

How to have conversations about Work-Life Brilliance?

1. State expectations
 2. Understand other perspective's expectations
 3. See areas of alignment/gaps
 4. What is negotiable/unnegotiable for you?
 5. What is negotiable/unnegotiable for other?
 6. How do you bridge the gap?
 7. How often do you revisit?
-

1. Change

2. What I like about your idea
is...

Who is in your village to achieve Work Life Brilliance?



1. Partner
 2. Colleagues and friends
 3. Family
 4. Professional support
 5. Online communities
-
-



1. What is your key takeaway from today?
2. What is one thing you're going to do for yourself?
3. What is something you want to address with your partner?
4. What is something you want to address with work?
5. What support do you need to make this happen?
6. What else do you need for your Work-Life brilliance?

Successfully Managing Family & Careers

- All JUMP workshop participants receive access to Thriving Talent's most popular online module

Group coaching programme

- 12-week programme with online access, 6 group coaching calls and weekly tips
- 1:1 coaching available

- **The JUMP Academy, customised workshops tailored to your company's specific needs, for both women and men, women only and men only:**
 - ▶ Train your managers in gender equality
 - ▶ Drive your diversity network
 - ▶ Boost your female talent pool
- **A team of 60 multi-lingual trainers all over Europe**
- **Please contact :**

Juliane Ley - Project Manager
Mail: juliane.ley@jump.eu.com
Tel: +32 (0)2 346 38 00

Christine Cecil - Director
Mail: christine.cecil@jump.eu.com
Mob: +32 496 296 449

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