

CALMER Parent Wellbeing Model™ :

The CALMER Parent Wellbeing Model™ combines elements from Seligman's PERMA™ model and incorporates strategies derived from ACT Mindfulness, VIA Character Strengths and other Positive Psychology research.

1. Compassion

- ❑ For self and for others, working the basics of health

2. Action

- ❑ Taking positive values guided action

3. Learning

- ❑ Applying a growth mindset

4. Mindfulness

- ❑ Building psychological flexibility

5. Enjoyment

- ❑ Using strengths to increase joy in and energy for life

6. Relationships

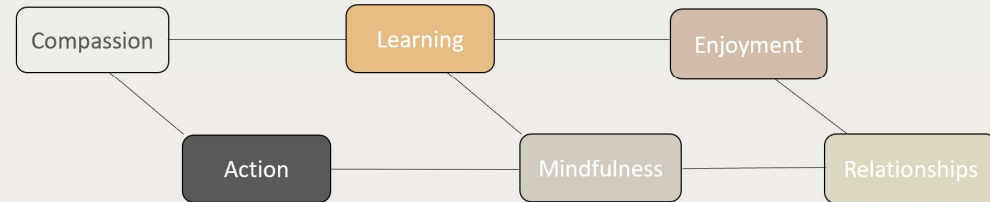
- ❑ Appreciation for and nurturing positive relationships

Leading companies know that supporting working families is good for business and it's corporate responsibility.

The outcome for these sessions:

- ❑ Share strategies for parents to be their best selves and strengthen the ecosystem everyone comes home to, so their families, workplaces and our future communities thrive.

The CALMER Parent Wellbeing Model™



Parent mental distress is on the rise and **family-work-conflict** is one of the major causes.

In 2018, **36% of the workforce** – were parents to a **child below age 18**. High levels of mental distress among such a large part of the workforce, can **have major ramifications of overall productivity levels and can strain family relationships**.

Source: Melbourne Institute Research Insight:21/20

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Charlotte specialises in cultivating and supporting positive mindsets and behaviours with a specific focus on enabling wellbeing for parents in the workforce through her CALMER Parent Wellbeing Model™. Through this work, parents learn to thrive despite struggle.

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gets
real



Level 1: 1 X 90 mins Webinar Or

Level 2: 3 X 60 mins webinar sessions/per week

*Any major customisation requiring more than 3 hours of effort will be an additional cost.