



Win Win Parenting 12 Month **Support Program** for Working Parents

Successfully managing work and family has never been easy, and it's become even more challenging in our current uncertain and ever-changing work and family environment.

It's highly stressful when working parents struggle to overcome daily parenting challenges like fussy eating, toddler or teenager emotional melt-downs, children not listening or cooperating, and the most dreaded screen time arguments. These stresses and challenges can spill over into work life and negatively impact employee wellbeing and productivity.

Organisations offering parenting support can improve employee wellbeing and workplace effectiveness as well as promote a family-friendly organisational culture.

Win Win Parenting's family wellbeing expert Dr Rosina McAlpine, has developed a comprehensive 12-month Work and Family Support Program to help organisations support their hard-working employees with families to thrive rather than survive throughout the year.

12-Month Work and Family Support Program Overview

This comprehensive 12-month program provides working parents with year-round support delivering practical solutions to everyday challenges, the opportunity to ask questions and ongoing support to enable employees to embed sustainable parenting and work practices for a better work-family life.

Each month employees develop their knowledge and skills with:

- A live 1-hour webinar with step-by-step strategies
- Opportunity to ask questions with a parenting expert
- On-demand access to our Work-Family Resource Centre:
 - Webinar recordings
 - Podcasts (audio version of live webinars)
 - Tip sheets with links to further resources
 - Articles on key parenting topics

Program benefits

- Family-friendly work-place culture
- Visible management support for working parents
- Interactive webinars - opportunity to ask questions
- Reduced parenting stress
- Practical solutions for juggling work and family
- Ongoing support for embedding wellbeing practices
- Flexible, on-demand access to resources / solutions
- Cost-effective program

**12 Webinars
for the
price of 10**

**Special
Discount
Offer**

Cost

This cost-effective 12-month program is only ~~\$16,800~~
\$14,000 +GST (saving of \$2,800).

Participants: Up to 500 employees for the live webinars and an unlimited number can access the Work and Family Resource Centre.

The program can commence in any month and a new program is available each year.

**48+ PARENTING SUPPORT RESOURCES
INCLUDING 12+ HOURS OF LIVE AND RECORDED SUPPORT**

12-Month Work and Family Support Program: July 2025 to June 2026

2025

Month	Topics
July	Building Resilience: Supporting children to navigate life's ups and downs
August	Self-regulation: Resourcing children to develop this important life skill
September	Teenagers: Navigating the pre-teen and teen years with more confidence
October	Mental Wellbeing: Strategies to support children's mental health
November	Family Safety: What parents can do to help stop violence against girls and women
December	School Holidays: Navigating the work and family juggle

2026

January	Getting Organised: Strategies for managing work and family
February	Employee Wellbeing: Starting the year with clarity, confidence and conviction
March	Child Safety: Bullying-proofing your child
April	Emotional Intelligence: Helping children manage their emotions - toddler to teen
May	Parenting Support: Avoiding the pitfalls of parenting by "what others will think".
June	Digital Safety: Managing kids screen time: Strategies for safe technology use

Live webinars run for 60 mins. Dates and times are confirmed upon booking. The 12-month program can start in any month of the year.

How the program works – simple as 1...2...3

- 1 One simple registration:** Employees receive one link to register for the entire program. This registration provides participants with access to the Work and Family Resource Centre and all 12 webinar sessions. New employees can register at any time throughout the program.
- 2 Reminders:** Each month, registrants receive a reminder 1 week, 1 day and 1 hour before each webinar with the link to join the webinar. Participants can join live and ask questions or access the replays on demand.
- 3 Replays and Resources:** After the live webinar all registrants receive a link to access the webinar replay and other resources in the Resource Centre (same link as step 1) and can share the resources with their family members

Here's what participants say about the program:

"Having information and knowledge that can be practically applied at home results in an improved and happier family life. This means a happier mum and a therefore a happier employee!"

"Really enjoyed the session and will look forward to bringing some strategies in practice."

"A good mix of tips and nice to not feel alone in this struggle!"

"A very informative webinar. Definitely be looking to attend more of these in the future."

"Simple to remember. Not over complicated. It means you can apply it."

"Looking forward to the next webinar! It was well worth it. Will encourage my colleagues to join! Thanks for your laughter!"

"Very informative. Loved the little tips throughout and interaction. It wasn't just a one-way information session."

”



Booking and more information

To book our 12-month Work and Family Support Program please contact **Dr Rosina McAlpine** at

Email:
DrRosina@WinWinParenting.com
Phone: 0407 101 264 or 02 8529 2731

6-Month Family Wellbeing Program

Creating a happy, healthy and productive workplace starts with supporting people to be their best at work and in life.

For working parents, juggling the demands of work and parenting, as well as life's everyday challenges, can have a significant negative impact on their mental health, physical wellbeing and performance.

Win Win Parenting's family wellbeing expert Dr Rosina McAlpine, has developed our 6-month Family Wellbeing Program to support parents and carers successfully navigate work and home life.

Family-friendly organisations can support their hard-working employees raising children 18 months to 18+ years old with practical solutions and resources to thrive rather than survive throughout the year.



What is the Family Wellbeing Program?

More than a one-off session – our 6-month program provides employees with practical solutions and ongoing support to enable them to embed sustainable wellbeing practices into family life.

Each month, employees develop their knowledge and skills with:

- A live 30-minute webinar, and
- On-demand access to our Family Wellbeing Resource Centre containing:
 - Webinar recordings
 - Podcasts (audio version of live webinars)
 - Summary handouts

Some of the many program benefits

- ✓ Reduce parenting stress
- ✓ Practical solutions for juggling work and family.
- ✓ Flexible on-demand access to support
- ✓ Cost-effective program
- ✓ Ongoing practical support with parenting challenges .
- ✓ Supports a family-friendly organisational culture.

**Program
Special**

Cost

This cost-effective program is only **\$6,500** +GST for up to 500 employees for the live webinars – unlimited number can access the Resource Centre.

A new program is available every 6 months.

Book a 6-month program and receive **FREE** access to a **BONUS video and resources** on Family Wellbeing: Thriving as a family with children toddler to teen.

**21+ WELLBEING RESOURCES
INCLUDING 3+HOURS OF LIVE AND
RECORDED SUPPORT**



How the program works

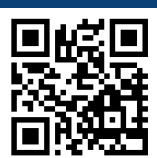
The Family Wellbeing Program runs for 6-months and includes a bonus free video and resources. Upon purchasing the program your organisation will receive a link to share with employees.

Employees register once and will receive monthly notifications for the upcoming live webinar. Employees can choose to attend the live webinar or access the replay in the Resource Centre at a time that suits them. The Resource Centre provides ongoing learning and 24/7 support for the duration of the program. The program is designed for parents and carers raising children 18 months to 18+ years. Live webinars run for 30 mins on the GoTo Webinar platform. Session dates and times are confirmed upon booking.

6-Month Family Wellbeing Program Overview: July 2025 to December 2025

Month	Topics
	Bonus video – Family Wellbeing: Thriving as a family with children toddler to teen
July	Parenting Support: Personal best parenting - What good parenting is about
August	Problem-solving: Raising children to be proactive problem-solvers
September	Family Relationships: Harmful versus nurturing communication
October	Mental Wellbeing: Helping your child to develop healthy self-esteem
November	Digital Wellbeing: Managing kids screen time – strategies for safe technology use
December	School Holidays: Navigating the work and family juggle

The 6-month program can start in any month for a six month period.
Live webinars run for 30 mins. Dates and times are confirmed upon booking.



Booking and more information

For more information about the program or to make a booking, please contact

Dr Rosina McAlpine

Email: DrRosina@WinWinParenting.com | Phone: **0407 101 264 or 02 8529 2731**

Not sure which program to choose?

To help you decide between the 6-month or 12-month program, we've provided the key features of each program in the table below. Most importantly, supporting your working parents to manage day-to-day parenting challenges can help to reduce parental stress, improve employee wellbeing, support a more positive work-family organisational culture and reduce the negative spillover effect on productivity.

12-month Work and Family Support Program	6-month Family Wellbeing Program
Program Duration Twelve 1-hour live webinars over 12 months Start the program any month	Program Duration Six 30-minute live webinars over 6 months Start the program any month
On Demand Access to Help Work-Family Resource Centre for 12-months • Webinar replays • Podcast (audio from the webinar) • Tip sheet with links to additional resources	On Demand Access to Help Family Wellbeing Resource Centre for 6-months • Webinar replays • Podcast (audio from the webinar) • Tip sheet with links to additional resources
Content In-depth exploration of common parenting challenges with step-by-step practical solutions.	Content Content rich, short information sessions with practical tips
Cost Cost-effective program: • -12 webinars for the price of ten \$14,000 (+ GST) • 2 FREE webinars - Saving \$2,800. Up to 500 employees on the live webinar. Unlimited number of employees can access the Resource Centre.	Cost Cost effective program: • 6-month program for \$6,500 (+ GST) • Bonus video and Resources Up to 500 employees on the live webinar. Unlimited number of employees can access the Resource Centre.
Ongoing Support More than a one-off session – this program provides ongoing support each month over a 12-month period, to enable employees to embed their learning into work-family life and ask questions month after month as issues arise. A new program is available at the end of 12 months.	Ongoing Support More than a one-off session – this program enables families to build their knowledge and skills each month over a 6-month period. A new program is available at the end of 6 months
Program Engagement Interactive sessions where participants can engage in polls, ask their work-family questions and make comments in a safe and confidential environment.	Program Engagement Participants can engage in polls and make comments in a safe and confidential environment.
Reporting Monthly data on program registrations and engagement. Full summary report with feedback at 12-months.	Reporting Monthly data on program registrations and engagement. Full summary report with feedback at the end of the program.
Bonus Resources 12 comprehensive articles on key parenting issues like emotional regulation, self-esteem, parenting approaches, family communication and more...	



Booking and more information

To book our 12-month Work and Family Support Program or our 6-month Family Wellbeing Program please contact **Dr Rosina McAlpine**

Email: DrRosina@WinWinParenting.com | Phone: **0407 101 264 or 02 8529 2731**

RESOURCE YOUR WORKING PARENTS IN 2025

with our work and family support programs



Win Win Parenting Program Suite

Our comprehensive suite of 1-Hour Work and Family Support Programs are available as a lunch 'n learn or webinar. Relevant for parents and carers raising children 18-months to 18+ years. Participants: Up to 500 participants for our interactive webinars. Cost per webinar \$1,400 +GST. Up to 50 people for our in-person Lunch 'n Learn sessions – cost available on request.

Topic Area	Session Name
Additional needs children	Raising children with additional needs.
Adult children	Living with adult children at home.
Back to school	Back to school and work: Starting the year on the right foot.
Bully-proofing	Bullying: Bullying-proofing your child.
Burnout	Understanding and overcoming employee and parental burnout.
Communication	Your relationship with your child: harmful v nurturing communication.
Deployment work roles	Managing work and family for deployment and shift work employees.
Domestic & family violence	Stop it at the start: What parents can do to help stop violence against girls & women.
Emotional intelligence	Helping children manage their emotions: Emotional intelligence toddler to teen.
Family physical wellbeing	Raising healthy kids: Nurturing good eating, exercise and sleep habits.
Family general wellbeing	Thriving as a family: Raising children toddler to teen.
Fathers	Celebrating Fathers: Importance of supportive fathers for child development.
First Responders	Parenting support for first responders with children (Program designed for parents in the emergency services including Police, Ambulance, Fire and Rescue)
Fly-in fly-out (FIFO) roles	Managing work and family with FIFO and shift work roles.
Getting organised	Managing work and family: Creating routines and workable schedules.
Intentions and goals	Employee Wellbeing: Starting the year with clarity, confidence and conviction.
Major events	Mental wellbeing: Supporting children after major events.
Mental health	Strategies to support children's long-term mental health.
Mental wellbeing	Mental wellbeing: Building positivity into family life.
Parental leave (2 sessions)	Session 1 Organising parental leave and staying in touch on leave. Session 2 Preparing for return to work.
Parenting together	Parenting together: navigating the challenges of different approaches.
Personal best parenting	Personal best parenting: what good parenting is about.
Parenting pitfalls	Avoiding the pitfalls of parenting by "what others will think".
Pre-school children	Raising happy and healthy children: Toddler to 5 years.
Problem-solving	Supporting children to be proactive problem-solvers.
Question and Answer (3 sessions)	These sessions allow parents/carers to ask a family wellbeing expert their questions. Session 1 for parents raising children 18 months to 5yrs. Session 2 for children 6-11 years and Session 3 for children 12+ years.
Resilience	Strategies to build child resilience.
Role-model	Parenting: Being a positive role-model for your children.
School holidays	Navigating work and family during the school holidays.
School success	Tips for parents helping children succeed at school.
Screen time	Managing kids screen time: Strategies for safe technology use.
Self-care	Taking care of yourself: Crucial for successfully managing work & family.
Self-esteem	Helping your child to develop healthy self-esteem.
Self-regulation	Supporting children to develop this important life skill.
Sibling rivalry	Relationships: Overcoming sibling rivalry and peer conflict.
Teenage brain	Understanding the teenage brain: Making sense of their emotions and behaviours.
Teen/pre-teen	Thriving as a family during the pre-teen and teen years.

Booking and more information

To book our programs please contact **Dr Rosina McAlpine**

Email: DrRosina@WinWinParenting.com | Phone: **0407 101 264** or **02 8529 2731**