

Join the conversations

# Bright Horizons *LIVE* Webinar Schedule 2023

Click on the webinar to register.

All webinars run from 17:00. to 17:45.  
Simply click on the link below to register.

## Engaging Young Talent

Looking at how we can create work environments in which young, early-career professionals can grow, push boundaries, and think differently. How do you build a satisfying career and make the most of informal and formal mentoring opportunities? What do and don't you need?

19  
JAN

## Beyond Visible

Assessing how we can step beyond profile towards influence when it comes to women's visibility in the workplace. What are the implications of the process and data in gender pay gap reporting and what does this mean for women in the day-to-day?

15  
FEB

8  
MAR

20  
APR

## Beating Burnout

Reflecting on strategies to reduce the risk of burnout and managing the response when things are heading in the wrong direction. We know burnout can impact anyone; so how do we maintain performance and wellbeing under the constant pressure of long hours, tight deadlines and wider commitments?

11  
MAY

7  
JUN

## Allyship at Work

Getting beyond understanding the policy and intention of diversity and inclusion in our workplaces to explore what it means in practice. What is the role of allyship in challenging on-going biases and how do we get a better understanding and representation in the workplace?

13  
JUL

21  
SEP

## Managing Menopause

Talking openly and honestly about the challenge menopause presents and sharing strategies for handling this life transition better. What are some of the myths and how can we better understand the personal and workplace implications of the process?

18  
OCT

9  
NOV

## The Art of Enough

Acknowledging the unhelpful cycle of perfectionism - procrastination - paralysis. Today we are under pressure to be more and do more, how can we find our own version of Enough and flourish with healthy balance and boundaries?

## Understanding Neurodiversity

Understanding how it is to live and work with neurodiversity while debunking the popular myths and misconceptions that persist. What are some of the ways individuals overcome the obstacles and how can we more fully celebrate the positives neurodivergence brings?

## Connecting Carers

Considering how carers can build their personal support networks - both within and outside their workplace - to access the information, role models and support they need. Working carers can be a 'hidden population' with commitments not fully known or understood, how do carers stay on track with career alongside caring?

## Happy Hybrid

Exploring what enables happy and satisfying hybrid working. What are the set up and practices that might enhance your workplace well-being and strengthen collaborations when working alone remotely and in shared office spaces?

## Leadership for Today

Asking what effective 'leadership' looks like and why some of the previously acceptable ways now need to be disrupted or renewed. How do we move towards agile leadership practices built on trust and respond to personal and professional growth?