

COVID-19 Workforce Support

Programs for Parents, Managers & Leaders

a

mini-session outline

BLURRY LINES: WOMEN AND THE MENTAL LOAD

When the coronavirus pandemic sent millions of workers to work remotely, and left millions more without work altogether, the worlds of work and family were already on a collision course for women.

In the general population B.C. (*before coronavirus*), women took up 60% of all family caregiving roles, and more than 1/3 of those had responsibilities for parents and children at the same time.

This new world brings an incredible added weight to the mental load of many women, from sourcing groceries to managing kids to staying healthy and trying to nurture relationships.

This mini-session addresses:

- Why today's remote work or out-of-work scenario is unique
 - Trends + crisis
- What the mental load means for women
 - Define mental load with examples
 - Offer tips for sharing the load
- Why the new work rules ask us to revisit our identity as moms and women
 - Harsh realities of the work world
 - Identity crisis
- Emotion + Productivity
 - How to process for self
 - How to help kids process
- Protecting Mental Health
 - Taking time for self (stories & tips)
 - How to get recognition for what you ARE doing!



Marti Bledsoe Post, founder/CEO and mother of two, is the author of *Retrofit: The Playbook for Modern Moms*.

Marti is committed to helping companies keep their working parents engaged and on the path to leadership. She coaches leaders and other working parents to better understand, navigate and solve today's challenges advancing at home and at work.

Marti speaks to audiences around the country and listens to parents in focus groups, online and in workshops, while writing about the history of families and the future of work.