



19 Minutes,
how long working
parents engage with
their children every day.

*According to an Office of National
Statistics use of time survey of nearly
5000 people.*

This makes grim reading for working parents who already think they spend too much time at work – and too little at home.

NineteenMinutes works with employers in the private and the public sectors, who support the parents in their workforce and in doing so build staff loyalty, increase productivity and firmly establish their status as employers of choice.

We offer a real alternative for employers looking to improve the work/life balance of their employees.

Our rather unique approach looks at inspiring employees to make the most of their available time, to create the home life they want and

therefore improving their motivation and performance at work. NineteenMinutes programmes shift the focus from how much time parents have to how they can make every moment of that time special.



Find out more about our workshops, clinics and coaching and for a tailored solution for your company call us on 0845 539 19 19 (local call charges apply) or e-mail us.

Alternatively please visit us at
www.nineteenminutes.com

13.7m working days a year lost through stress

costing employees approximately **£28.3 billion** a year according to the latest Government figures. They have issued a challenge to employers to reduce these figures and make workplaces great places to be.

The National Institute for Health and Clinical Excellence (NICE) has issued guidance on how employers can support their employees in this area to achieve a balanced organisation. Our ethos at NineteenMinutes fits with this agenda and our programmes will help you in meeting the Government's challenge and support employees in maintaining a healthy perspective on all areas of their lives.

To further improve your workplace and reduce the days lost to stress call NineteenMinutes on 0845 539 19 19 or e-mail us.

More pressure for working parents

as a new report from the think tank Demos recommends that Tough Love breeds Smarter Kids. We all know that a child needs clear boundaries but how does this work when parents see less of their children during the working day than their child minders and/or teachers?

A survey carried out by The Baby Website of 3000 children, who were asked what made the perfect mum, produced some interesting answers. Among the more predictable replies came the surprise that more than two thirds of children said the perfect mother should work! Yet mums feel guilty about work taking them away from their families, and tend to focus on the negatives of their parenting skills, ultimately impacting on their performance at work.



The National Stress Awareness Day earlier this month promoted the need to 'Stress the Positives', and it is this as well as other techniques that NineteenMinutes uses to support working parents in their quest to balance all areas of their life.

To provide even better support to your working parents call NineteenMinutes on 0845 539 19 19 or e-mail us.

It's for Dads too.... more and more is being expected of fathers as it becomes more commonplace to have both parents working, yet many dads feel ill-equipped to deal with the pressures of fatherhood. Over the six years we have been running courses there has been a significant increase in fathers attending, reflecting a shift in attitudes in Society over the role of the father. Dads have found the courses particularly beneficial as it gives them the opportunity to work with others in a similar situation and get help and advice which is not always easily accessible. See our website for more details, and **read a famous Olympian Dad's views on being a parent...**



Call NineteenMinutes today on 0845 539 19 19
or email us at enquiries@nineteenminutes.com
www.nineteenminutes.com

