



# Better Together.

VIRTUAL MASTERCLASS SERIES

INTRODUCING A MEANINGFUL OFFERING  
FOR YOUR PEOPLE

# The Situation

- Managing the work-life juggle as a working parent was already stressful before the COVID-19 crisis with 2 in 3 couples are unsatisfied in their relationships with each other after they have children. They have issues with communication, conflict, intimacy and loneliness.
- With an increased number of parents now working from home and experiencing higher levels of stress and work-life conflict, it is critical employers take action to pre-empt any potential relationship struggles and tackle them ahead of time. Human problems are business problems.
- Distressed relationships increase the chances of getting sick by roughly 35%. However, strong relationships act as a buffer against stress. Prevention workshops where people are taught how to have strong relationships are 3 x more effective than waiting until they hit crisis point. Strong relationships are key to wellbeing.
- The Intime Collective uses decades of relationship research and combines this with positive psychology to facilitate engaging and practical Virtual Masterclasses that help parents be Better Together. This benefits children, couples and of course, flows on to drive engagement and performance at work.
- With the introduction of COVID-19, and need for increased social connection, The Intime Collective has been asked to extend our offerings and now also runs masterclasses focussing on wellbeing, social connection, relationships and change. This offering is for all people (not just parents).

# 'Better Together' Series of Virtual Masterclasses

Masterclasses are **evidence-based, practical** and **highly engaging**.

They blend together theory, research, story and games and gives participants practical activities and materials to take home and use straight away.

The Intime Collective is a registered Social Enterprise and a portion of our profits fund our community based work.

## For parents:

### Strong Foundations

- What the research reveals about being a parent.
- Building strong relationships with 'Love Maps'
- Managing Conflict

### Connecting & Communicating

- Connecting & Communicating
- Problem Solving
- Do's & Don'ts of relationships

### Creating Meaning

- Yours or mine? Who's career is more important?
- How to sync (not sink) how you parent with your partner and manage both your careers
- Refresh and reset: values and creating meaning in your family

### Celebrating Mums & Dads

- Understanding and appreciating the unique roles mums and dads play
- Connecting with children as a coordinated working couple

## For all:

### Better together

- Introduction to social wellbeing
- Happiness
- Building relationships
- Hack for building habits

### Let the good times roll

- Celebrating good times
- High quality connections
- Strengthening connections during COVID-19

### The Secret Weapon

- Care and compassion
- What they are, research & benefits
- Practical activities

### The gift of giving

- Are you a giver or taker at work?
- What these are and why you want to be a giver
- Practical ways to safeguard your giving

# Other Virtual Masterclasses

## For all:

### Managing work & life

- The science of happiness
- How to map concerns
- Setting your priorities
- Boundaries
- Nailing the practicalities

### Tiny Habits & Creating Change

- Science of behaviour change, habit building and goal setting and how to make practical, sustainable and meaningful changes
- Overview of positive emotions: finding positivity to boost your resilience

### Making a habit of using your strengths

- Engagement: finding your strengths and using them to boost your confidence
- Immersive experience: try some tiny wellbeing habits
- Create your own plan

### Relationship Habits

- Relationships: how to build genuine connections and great relationships
- Immersive experience: try some tiny wellbeing habits
- Create your own plan

### Making accomplishment a habit

- Accomplishment: learning and growing so you can achieve more of what matters to you
- Immersive experience: Try some tiny wellbeing habits
- Create your own plan

**Other topics available and can be tailored to your unique needs**

# Contact us now



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Better Together.

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