

# INSPIRING PARENTING WORKSHOPS FOR EMPLOYEES



*Parenting is a great opportunity to develop leadership skills. Leaders can learn more from their relationships with children than we usually think.*

How many parents work

## AT YOUR COMPANY?

- There is a high percentage of parents among employees in most organisations.
- Every day they struggle juggling both family and work responsibilities.
- Together we can take care of better relationships between your employees and their children.
- Satisfactory family life directly influences better results at work.

Parenting may be

## A BIG CHALLENGE.

Building a good relationship with a child requires many skills. After child's birth parents usually do not have time to learn additional parenting competencies. When running from work to school and from school back home there is little time left for personal development. Especially in the area of parenting.

Let's face challenges parents have and help them take care of one of key relationships in life – with their children. At the same time we would strengthen their bonds with the company which offer such an opportunity.

# MY NAME IS TOMASZ SMACZNY AND I MAY HOST YOUR PARENTING WORKSHOPS



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## TOMASZ SMACZNY

Tasty  
Way  
of Life

### **I am an ICF coach and a parenting blogger.**

Before becoming a dad, I'd worked in marketing and advertising industries for 17 years. I led bigger and smaller teams, also in a multicultural environment. I climbed 6 out of 7 Summits and travelled to all continents including Antarctica. I had completed a marathon and ½ Ironman. I tried many outdoor sports. I am an economist and sociologist by education.

### **My daughter's birth literally changed my life.**

After Tosia was born I took an 11-month long parental leave. I wanted to bond with her and learn communication right from the beginning. I then started blogging at [TastyWayOfLife.com](http://TastyWayOfLife.com). I promote engaged fatherhood and, as the only blogger in Poland, the RIE parenting philosophy, which is based on deep respect towards the child and trust in their natural competencies. Together with Monika Wójcik, The Polish Midwife of the Year 2017, we developed an online course for would-be parents "First 100 days with your Baby" ([Pierwsze100DniZMaluszkiem.pl](http://Pierwsze100DniZMaluszkiem.pl)). Since 2015 I have been a professional coach, certified by International Coach Federation. At present I work as a business coach and host parenting workshops. I recently led such meetings for Edu Bears Sp z o.o. as well as Credit Agricole Bank Polska in various locations in Poland.





## Inspiring parenting workshops:

### **THE BACKPACK FOR LIFE**

how to pack it so that the child takes treasures out of it?

**A potential program for all day workshops  
at the company's premises:**

#### INTRODUCTION

The host introduction, program and workshop rules presentation.

#### Treasure 1 - MOTIVATION

How to strengthen children's patience, goal orientation, focus and perseverance? How to support them in completing their actions?

#### Treasure 2 - EMPATHY

What is empathy in simple words? How to develop it within oneself and in relationship with a child? How can we help them become more empathetic?

#### Treasure 3 - AUTHENTICITY

What to say and do so that a child feels ok with themselves, has sufficient self-esteem and successfully deals with difficult moments in life?

#### Treasure 4 - INDEPENDENCE

How to effectively assist children on their way to independency? When shall we let them take a risk and when protect them?

#### Treasure 5 - CREATIVITY

Creativity goes far beyond art. What can we do so that our child keeps surprising us with their creative ideas?

30 MIN

60 MIN

60 MIN

60 MIN

60 MIN

60 MIN



## Inspiring parenting workshops: FORMAT & POSSIBLE ADJUSTMENTS

- Workshops are divided into **5 independent hourly modules** (treasures) and an **introduction**.
- Participants can choose freely between all modules and meet the host(s) in the beginning of the day.
- Modules are age neutral. They **would fit parents of children at any age** – from toddlers, through pre-schoolers until early teenagers.
- Each module includes presentation of some key concepts based on current psychological and pedagogical knowledge as well as discussion of case studies also brought by participants.
- I take care of a positive and friendly atmosphere during workshops. 😊 **I neither judge nor instruct parents**. All ideas and case studies serve purely inspiration. This is clearly communicated in the introduction to each module.
- Program proposal is based on the positive feedback of participants of similar workshops for **Credit Agricole Bank Polska**.
- I am open to help prepare internal communication of the event, based on recent experience.

### **Possible workshops adjustments:**

- Two hosts: a man and a woman. This enhances participants experience and broaden their perspective.
- Workshops may be organized out of the office, also for employees' families. While parents attend workshops, an animator play with their children.
- Introductory 90-minute lecture/workshop about all 5 treasures.
- Other modules to be developed, according to parents' needs.

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## REFERENCJE

W listopadzie i grudniu 2019 roku Credit Agricole Bank Polska zorganizował dziesięć wydarzeń dla pracowników i ich rodzin z cyklu „Family Day” w różnych miastach Polski. Łącznie we wszystkich wydarzeniach uczestniczyło około 700 dorosłych i dzieci. Integralną częścią każdego wydarzenia były warsztaty rodzicielskie zatytułowane „Plecak na życie. Jak go spakować, aby dziecko wyjęło z niego same skarby?”. Warsztaty poprowadzili **Joanna Bzdion, Aleksandra Mroczo, Justyna Borzucka oraz Tomasz Smaczny**.

Uczestnicy warsztatów docenili wartość merytoryczną, angażujący sposób prezentacji oraz zaangażowanie prowadzących. Prowadzący byli również dostępni poza godzinami warsztatów do indywidualnych konsultacji rodzicielskich. Angażowali się ponadto osobiście w promowanie wydarzeń wewnątrz firmy oraz publicznie w kanałach społecznościowych promując markę Credit Agricole Bank Polska jako dobrego pracodawcy.

Ewa Bylicka

Dyrektor Departamentu Zarządzania Personelem



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