



# Parent Cloud

## Stop, Re-set, Let's Go: Balance the Juggle, Focus the Week by Nadia Ismail

You've made it—now take a moment for yourself. This short, focused exercise is designed to help working parents step back, reset, and regain control. Whether you're juggling deadlines, school runs or just trying to find a spare moment in your week, we'll guide you through a simple yet powerful tool to bring clarity, calm and structure to the days ahead.

### Priorities (Personal & Professional)

- What are your top priorities right now?

- What actions are needed from you to get the right result?

- What support do you need and who can help?

## Family

- What are your family priorities?

- Who or what needs your time and attention?

- What help do you need?

## Work - Life Balance

- How might your work - life balance need reviewing?

- What will you do 'for you' in the coming week / month?

- Are there any key dates / events that need planning?

### Staying on Top

- What's making you feel overwhelmed?

- What can you do to manage this?

- Who can help you with this?

### Wins / Successes

- What's been going well in your life recently?

- Where and how have you experienced positive change and / or self growth?

- Use 3 positive words to describe yourself.

### Reminders

- Stop trying to do everything – at once.
- Take a moment to step back and establish a step by step approach.
- Have some self compassion and be patient with yourself.
- It's ok to say "No" sometimes.
- Stop striving for perfection and focus on progress.

### Let's Talk

Come find out more about our Parental wellbeing platform, tailored talks, and impactful events at **Stand B3**.

**Meet the Speaker** – Book in a 1:1  
<https://the-wellness-cloud.com/specialists/nadia-ismail/>

📱 Scan the QR to discover how we support employees with real-life challenges—at work and beyond.

