

# EAP Webinar

Sponsored by: Wayne Corporation EAP

## Finding Harmony: Being a Parent and a Professional

*Accessible in September 2025*

**Where:** waynecorp.com on Front Page

- Work-Life & Portal (upper right corner)
- Log In/Register & click on “webinars” tile - follow prompts

There is perhaps no more delicate balance than being a parent and a working professional. So many of us struggle with how to divide our time, energy and attention.

This seminar will discuss the realities of the modern working landscape for parents and how to approach balance in a new, more successful way. We'll review strategies for time and household management. And we'll discuss how to find the most elusive thing of all: quality time just for yourself.

