

# PARTNERS IN WELLBEING PRESENTS WEBINAR SERIES



## Women in Small Business: Balancing Work and Home Life

Partners in  
**Wellbeing**  
Small Business Support  
1300 375 330

### FREE 4-PART WEBINAR SERIES

**Day/dates:** Wednesdays

- 22 February
- 1 March
- 8 March
- 15 March

*Commitment to all 4 webinars is optional.*

**Time:** 12:00-1:00pm

This is an interactive webinar facilitated by Dana Topchian and Jane Lazzari (Partners in Wellbeing).

Register here: [bit.ly/3K1qnd8](https://bit.ly/3K1qnd8)

This evidence-based webinar series is designed to provide a platform for small business owners to connect and share experiences with other like-minded women who juggle family and work. Join **Partners in Wellbeing** Psychosocial Support Workers Dana Topchian and Jane Lazzari as they facilitate interactive group discussions with women in small business around topics and themes that are informed by webinar participants.

Recovery from the pandemic sees common issues and challenges emerging for women in small business including feeling overwhelmed, loss and grief (of a business), time management, (lack of) motivation, anxiety, stress, self-care, sleep, and more.

Register now for this **FREE 4-part webinar series** to learn and share tips and strategies to create a positive and sustainable work-life balance.

1300 375 330 [partnersinwellbeing.org.au](https://partnersinwellbeing.org.au)



Do you need help in your language? Call TIS National on **131 450** and ask for an interpreter, then ask to be connected

