

MentorHood Jersey – Supporting Parents

Practical, Local Support for the Realities of Parenthood

Everything you need to know about parental leave and returning to work

Wednesday 12th November 6.30pm – 8.30pm

Presented by

- Kiley Henley (*Founder of EnhanceHR*)
- Melanie Grandfield (*Founder of High Tide HR*)

Session Focus:

Confident Conversations About Flexibility

A workshop for parents looking to take parental leave, or to return to work after starting a family, to provide you with information about what is available to you and what entitlement the law provides you with.

Sign up to gain clear, practical guidance on parental leave, what to consider when you return to work and how to advocate for your needs, without guilt or self-doubt.

Thriving Parenthood: Understanding Stress and Overwhelm

Wednesday 19th November 6.30pm – 8.30pm

- **The Neuroscience of Parenthood**
With Alice Vincenti (Perinatal Occupational Therapist, Founder of Parent Health Hub, and Co-Founder of MentorHood)
- **The Science of Stress: Building Resilience in Parenthood**
With Louisa Coxshall (Children, Young People and Families Mental Health Practitioner, MIND Jersey)

Session Focus: *Explore how your brain and nervous system adapt through parenthood*, shaping your emotions, reactions and connection with your children. Learn how to recognise stress responses, apply effective coping strategies, and strengthen your support network to enhance wellbeing and balance in family life.

Tap Into Your Career

Wednesday 26th November 6.30pm – 8.30pm

- **Career Guidance and Support**
With Denise Heavey (Recruitment Specialist, Career Coach, and Co-Founder of MentorHood)
- **Calm Confidence @Tap It Better**
With Yolanda Saez Castello (Mental Wellness Coach and Advanced EFT Practitioner)

Session Focus: A hands-on session covering career planning, CV writing, and interview skills, designed to help parents progress with purpose and confidence. Discover how **EFT (Emotional Freedom Techniques)** can help you release anxiety, calm your mind, and perform at your best — in interviews, at work, and in daily life.

Strong Foundations: Confidence, Calm, and Financial Clarity

Wednesday 2nd December, 6.30pm – 8.30pm

- **Your Financial Wellbeing**
With Lloyd Adams (Financial Planner and Investment Manager) and Catherine Haywood (Wealth Planner, Integritas Wealth).
- **From Surviving to Thriving: Confidence Tools for Busy Parents**
With Gaelle Descamps (Founder of G-Force Leadership Training)

Session Focus: A relaxed, practical session offering straightforward tips to help you take control of your finances, make confident decisions, and plan effectively for your family's future. An energising workshop to help you boost self-confidence, set healthy boundaries, and navigate the daily juggle of home and work with greater calm and clarity.