

# Supporting Your Business in Creating an Equitable & Family-Friendly Workplace

## Who We Are

Whole Heart Consulting is dedicated to empowering companies to nurture and support their employees. Our mission centers on fostering a supportive workplace culture through the provision of customized and scalable training, consulting services, and support groups. We are committed to safeguarding the mental health of parents in the workplace and facilitating environments where they feel valued. By partnering with us, organizations will enhance their retention of working parents, thus building a more inclusive and compassionate workspace.

## Why Choose Us



### Deep Industry Experience

We have over 20 years of experience in reproductive mental health supporting women, parents, and families through work life integration.



### Customized Support

We understand that every workplace is unique. Our services are tailored to meet the specific needs and goals of your team.



### Long-Term Impact

We are committed to creating lasting change that promotes both immediate and long term impact. Our holistic approach addresses systemic issues and fosters a culture of equity and inclusion for the long term.

## Our Services

### Training and Education

We provide customized training sessions and workshops for employees and management to raise awareness, stay connected, and build skills in areas such as:

- *Mental Health & Burnout*
- *Work Life Integration for Parents*
- *Workplace Guide to Pregnancy Loss & Fertility (for leadership & employees)*
- *Creating a Family-Friendly Work Culture*

### Employee Resource Groups

We support the establishment of employee resource groups focused on promoting equity, providing a platform for underrepresented voices, and fostering a sense of belonging.

### Parental Leave Coaching

We use evidenced based methodologies and practical tools to support working parents and their managers to navigate the parental leave transition from pregnancy through the return to work.

