



Workbook, CPD & Reflection Log

Episode 121: How to be a (Happy) Working Parent

with Corrina Gordon-Barnes

Parenting is demanding enough on its own; add in work, and it can feel like there just aren't enough hours in a day. Working parents face many challenges in the workplace and at home, but it is possible to find balance and be happy.

Stop trying to do everything and start parenting smarter. Corrina Gordon-Barnes joins Rachel to discuss ways to overcome unhealthy parenting habits and beliefs so you can always act within your zone of genius.

Working and parenting don't have to be frustrating and tiring. Start being intentional with your actions today to be a happier parent!

If you're struggling to balance work and parenting, this workbook will help you rethink how you do things.

Podcast links

We're currently undertaking a survey into what it's like for leaders in health and social care to set boundaries and say no. Help us out by taking part here: www.shapestoolkit.com/boundaries-survey

Find out more about the [Resilient Team Academy](#) for your organisation.

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Want to learn more from Corrina? Listen to these previous You're Not a Frog Podcast episodes:

[Episode 104](#): How to Cope with Nightmare Relatives and Colleagues Without Losing the Plot



- [Episode 89](#): Should I Stay or Should I Go?
- [Episode 32](#): How to Take Control of Your Thoughts

[The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level](#) by Gay Hendricks

Guest links

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Quote to remember:

“Our zone of genius -- which is where we totally shine, where we absolutely thrive. We can stay in our zone of genius and trust that others will do brilliant work in their zones of genius. That makes everything just feel better, and your zone of genius doesn't feel like work. It feels like where you're absolutely your best self and the easiest way of being you.”

What You Will Learn

For working parents being tired and always on the move seems to be the norm. As a working parent, you may hold unhealthy beliefs and thoughts about what you're responsible for, leading to imbalances within the family.

The first step to becoming a happier working parent starts with understanding and identifying your struggles. When you can pinpoint issues, it will be easier to come up with specific solutions for them. If you're not a parent, don't worry, you can still apply the reflections from this workbook to better understand friends and colleagues.

We also need to reflect on unhealthy beliefs and habits we may have adopted from our own parents or society. These include parenting guilt, balancing roles, and rescuer tendencies.

Parenting guilt can arise when parents feel guilty for taking time off from their children, burdened with the idea that it's their responsibility to be with them all the time. Many partners don't discuss parenting roles and instead use gender norms to define their duties. However, gender has no relevance to someone's skills.

You'll also consider the drama triangle. One parent may have a rescuer tendency and want to take control of everything. Although this may seem effective in the short term, it will create long-term consequences such as learned helplessness for their partner, children, or both.

Being able to pinpoint your negative habits and beliefs is not enough—we need to take action. In the episode, Corrina recommends that parents work within their zone of genius, which means involving themselves in activities where they know they can



shine. Your zone of genius also applies to your work both in and out of the home — parents should take on tasks best suited to their skills and preferences.

You may need to have an intentional conversation with your partner and identify your strengths and the dynamics going on. Once you have a better understanding of these, you will be able to delegate tasks accordingly. Remember to be clear about this and ensure responsibilities are delegated and equal — one person shouldn't be reminding the other about their duties.

Finally, don't forget that you belong to a community. If you and your partner aren't good with specific tasks, ask for help.

Being a working parent is incredibly challenging, so don't be too hard on yourself! Remember that it's always going to be a work in progress.

Activity: Find Your Parenting Genius

Understand Parenting Struggles

Q1. After listening to the episode, what did you identify most with about the struggles of parents and working parents?

Q2. What parenting struggles have you personally experienced? If you're not a parent, what have you observed from colleagues or friends who are parents?

Overcome Unhealthy Thoughts and Behaviours



Q3. Let's start unpacking the different unhealthy thoughts, behaviours, and beliefs you may have about parenting.

- a) In your own words, how would you define parenting guilt?

- b) When have you experienced parenting guilt? If you're not a parent, in what instances have you observed parenting guilt from friends and colleagues?

- c) How do you think gender norms and expectations have affected how we view traditional parenting roles?

- d) How are your parenting roles delegated? If you're not a parent, what have you observed regarding parenting roles from your parents, friends, and colleagues?

- e) After listening to the episode, what do you now understand about the Rescuer role in the Drama Triangle? Do you have rescuer tendencies?



f) How do you think you can avoid being a Rescuer?

Thrive as a Working Parent

Q4. In your own words, how would you define your zone of genius? What skills and activities do you think are in this zone?

Q5. Have a conversation with your partner or someone who may help you out with your children regarding the delegation of roles and task. Consider your strengths and unique situations, such as schedules and work conditions.

Tasks	



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Q6. You may have activities you want to expose your child to but are not within your zone of genius. Think about your friends, relatives, and network. Who do you think can help you with this activity? How could you expand your network more?

CPD time claimed:

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