



# Community Conversations Pilot

U.S. Women in Nuclear (U.S. WIN) Community Conversations is intended to facilitate community among U.S. WIN members who share similar challenges or stages of life. The Caregiving community conversation is focused on those navigating caregiving for our families, including parents, spouses, special needs, and children, and the intersection with professional demands. This interactive discussion will encourage genuine conversation among participants to share personal challenges and successes to share ideas and provide a supportive community. Participants will share from their personal experiences their best practices, innovative ideas, and success stories to inspire and support one another.

## CAREGIVING

### TIME MANAGEMENT

- Find the right productivity method for you: article [HERE](#)
- 19 time-saving tips to help increase your productivity: article [HERE](#)
- Prioritization strategy: [Eisenhower Matrix](#)
- Family Weekly Planner: example [HERE](#)

### SELF CARE

Put your oxygen mask on before helping others!

- Find your happy place at a frequency you need (once an hour, day, or week)
- Listen to Music
- Take a breath

### WORK POLICIES & CHILDCARE

- Dedicated mother's rooms
- Advocate for caregivers leave
- Unique childcare solution: State Department's [Au Pair cultural exchange program](#)

### LEVERAGING YOUR COMMUNITY

- Make communication with your support network (partner, friends) a priority
- Children like independence, allow them to help! (article [HERE](#))
- Ask friends for help. Organize carpools.
- Leverage programs through school, religious center, community centers.

## LINKS

The electronic version of this flyer to help access the above links is available at:

- NEI Events Conference App
- U.S. WIN DEI Library <https://www.winus.org/diversity-equity-and-inclusion-library/>

