

CÚRAM

EMPOWERING
EMPLOYEES TO
UNDERSTAND
AND USE THEIR
WORKPLACE
RIGHTS.

Closing the Gender Care Gap in Europe's Workplaces

RIGHTS, POLICIES, AND WORKPLACE SUPPORT

Introduction Session



Participants gain a clear overview of core workplace rights, including parental leave, carers' leave, and the right to request flexible working arrangements.



Employees learn why these rights exist, how they support work-life balance, and how both formal policies and informal support can help them manage care needs.



Understanding Your Entitlements



Participants identify the specific leave and flexibility options available to them and gain a better understanding of eligibility and procedures.



Employees can now recognise when they qualify for entitlements, how to make formal requests, and where to find reliable information within their organisation.



Formal vs Informal Support



Participants explore the differences between policy-based support and informal manager-led support, discovering how each affects fairness and access.



They learn to evaluate which support option fits their situation, understand risks of relying only on informal help, and recognise the value of written policies.



Applying Rights in Practice



Through a real-life scenario, participants apply their knowledge of rights and support options to choose appropriate solutions for caregiving challenges.



Employees increase their confidence in using entitlements, asking for support, and navigating conversations with managers about care-related needs.

