



## Invisible Work: The Mental Load

"Preparing, organising and anticipating everything, emotional and practical, that needs to get done to make life flow"

Women take on a disproportionate share of household chores, performing far more cognitive and emotional labour than men. As a result, mothers are more tired, more stressed and less happy than fathers. And when women are overstretched at home, many feel they can't physically or mentally put in the hours demanded by many workplaces, which may partially explain why the gender pay gap continues to widen.

### The talk



What is the mental load or invisible work?



What is the adverse impact of the mental load on inclusion?



How can everyone share the burden?

### The speaker: Dr Sarah Whyte



With years of speaking experience. Sarah's warm, engaging style encourages her audiences to take informed action for impactful change.



Book a time to chat