

WHY FOCUS ON FATHERS?

Fundamentals for Good Dads is a father-focused program for dads and their partners. The course paves the way to forging connections among fathers using familiar language and relatable examples common to any sports lover.

When we focus on responsible fatherhood, a community becomes a great place to live. Children, families, schools, neighborhoods, and employers all stand to benefit when Dad is involved in the lives of his children.

With community togetherness, social capital and healthy relationships as our chief objectives, this Good Dads course is perfect for a variety of scenarios:

- As an HR benefit for employees
- Over dinner at a community center
- At a men's breakfast
- Easily adapted to be effective in a faith setting, e.g., men's ministry.
- And more!

CO-PARENTING WINS

Fundamentals for Good Dads is designed to be especially relevant to working fathers and their partners. It can be used in a group of only men or in a co-ed group of dads and their co-parents.



Scan the QR code to find downloadable course samples, videos, success stories and our Customer Guide:



Helping Kids and Communities
One Dad at a Time

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FUNDAMENTALS FOR GOOD DADS®

COACH YOUR FAMILY TO A WINNING SEASON





Start each lesson with a 2-minute **Coaching Clip**, featuring leadership advice from real coaches. These clips serve as conversation starters and introduce the module's objectives. Your participants will be encouraged to draw throughlines between sports metaphors and the real-life parenting applications of the lesson.

IN EACH LESSON

With *Fundamentals for Good Dads* as your essential playbook, your group will discover the best strategies for being great coaches, team players and parents:

- Describe family goals and values
- Assess the areas where role models are helpful and necessary to parent well
- Evaluate one's own relationship with masculinity, manhood and fatherhood
- Assess how high-quality coaching and parenting can drive achievement by playing to a family's strengths
- Examine the relationships between accountability, learning and confidence
- Describe and practice parenting styles associated with positive outcomes
- Explain why teamwork is a priority
- Understand the ways parents impact and influence their children
- Identify strategies to manage stress
- Practice strategies for constructively managing conflict with one's children

Most people learn best when they have hands-on training—not when they're expected to sit still and listen to lecture. That's why we designed highly interactive activities that get your participants out of their seats and engaging with others.

COURSE BUNDLES

• \$349.95
+shipping

- 2 Facilitator Binders
- 1 Flash Drive
- 20 sets of Participant Guides

HEAD COACH



• \$225.95
+shipping

- 1 Facilitator Binder
- 1 Flash Drive
- 10 sets of Participant Guides

PERSONAL TRAINER



Individual sets of participant guides available for \$15.95 each, +shipping.

TRAINING OPTIONS

We can help you create the perfect peer-supported environment in your workplace, church, community center, etc. To achieve this vision, members of your team may attend training events hosted by Good Dads to learn to lead *Fundamentals for Good Dads* classes. Alternatively, you may choose to have skilled Good Dads facilitators come to your offices to serve your father employees for an additional cost (local travel only).