

# New Fathers Programme



## Target Audience

For professionals who are about to become or have just become fathers for the first time

## Overview

To assist new fathers in thinking about how they create the right work/life balance. Enabling new fathers to understand and manage key stakeholder relationships internally and externally. To recognise changes that have taken place, and to put in place practical measures to minimise the impact.

## Course Content

**Gender Stereotyping:** What is your background and upbringing? What are your unconscious biases?

**Where do you want to be now:** How would you define yourself as a professional? What are your expectations? How would you define yourself as a father?

**Stakeholder management:** Who are the key stakeholders? What family model do you have? What are their expectations of you as a professional and a father?

**Energy levels:** Where are they now., where do they need to be? How can you get them back? What is the impact of this?

**Managing 'Spillover' and Guilt:** What is it? When if ever do you feel it? What triggers it? What message is it giving you? How can you manage it best?

## How to book

### Email

tracy@talking-talent.com

### Call

Tracy Groom on 01865 400087

Places are limited. Please book early.

## Further information

A 2 hour programme, with the option of a further coaching session.

£1,000 for each session

For more information on Talking Talent visit:  
[www.talking-talent.com](http://www.talking-talent.com)



# Delegate Feedback



## Advice on what to expect and how to manage expectations

Great to listen to others experiences

I enjoyed the open forum & hearing the opinions of other fathers/ fathers to be

'The coach made it so people felt they could contribute, which was far better than I expected so I enjoyed listening to others'

**'Good fatherhood policies and a supportive pro-father culture can offer huge retention benefits'**

**Carolanne Minashi**  
EMEA Head of Talent and Diversity, Citigroup

'More fathers and fathers to be should attend this programme'.

'We have very effective schemes for maternity but fathers get less attention. At the time, a fatherhood programme did seem a bit left field, but it was great.'

**Ben Lamont**  
Talent Acquisition Manager, PepsiCo

Practical tips- discussing the birth, buggies, car seats etc.

**The chance to share experiences. Nice to know were all in the same boat!**

