

# Corporate seminars

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## Introduction

We provide a range of workplace seminars that can form part of your diversity, equity, and inclusion 'offer' to employees. Our seminars translate key research findings about UK fathers and fatherhood, into accessible, actionable messages of interest to all working parents, their managers, and organisational leaders.

The 60 to 90-minute seminars are suitable for groups of fathers, mothers, or mixed groups – and for managers and/or leaders to attend. Our highly effective trainers can address a wide range of parenting and fatherhood-related issues, via the range of seminars we list below – or through a bespoke programme tailored to your specific needs.

All these seminars can be delivered in-person if you prefer.  
Cost: £1,200 plus VAT

## Contact

To book a training course, get in touch via [training@fatherhoodinstitute.org](mailto:training@fatherhoodinstitute.org) and we'll be happy to help.

Can't see a course that suits your requirements? Book a call to discuss bespoke training options.

## Seminars

### **21<sup>st</sup> century fatherhood: myths and reality**

*The practice and nature of fatherhood is changing rapidly all over the world, as family life evolves in response to economic, social, and political changes. Just as today's mothers look to pursue successful careers alongside their maternal commitments, today's fathers aspire to more than just workplace success: they also want to build strong bonds with their children and be highly involved in caregiving.*

In this seminar we explore myths and facts about modern fatherhood; consider how the care of infants and children changes men's, as well as women's, physiology; discuss fathers' roles and impacts; and examine why supporting fathers' caregiving matters to us all.

## **Raising clever children: the difference a dad makes**

*Fathers' close connection with their babies from immediately after birth pays dividends. Babies with highly involved fathers achieve better than their peers on their first birthdays and show higher IQs – and the effect can extend through childhood, with a close father-child connection at age 7 linked to better exam performance at age 16, and lower involvement in criminality and drug use. What makes the difference? Helping with homework? Reading to children? 'Rough and tumble'? Involvement at school? Can the 'father-effect' apply if dads work long hours or have limited contact?*

In this seminar we help busy fathers and mothers identify simple strategies to maximise fathers' contributions to raising clever, and happy, children.

## **Fathering in the fast lane: bonding and breadwinning**

*Some of the world's busiest and most high achieving men manage to be great at their jobs, and at fatherhood. In fact, some industry leaders have particularly close relationships with their children. How do they achieve this?*

This practical seminar examines key questions for fathers whose jobs make big demands on their time. How little time with children is time enough? What does a good quality relationship with children look like? How can 'fly-in-fly-out' fathering work? Can dads take parental leave and work flexibly without sabotaging their careers? What role can mothers, and employers, play in supporting fathers' involvement?

## **Mummy dearest: avoiding the mummy-default**

*Research shows that a 'cohesive' family, where both parents value each other, operate as a team and are similarly valued and confident in the care of their child, is the best 'family climate' for raising children. Mothers who take on most of the parenting often feel unsupported and angry – and sometimes they underestimate how powerfully their own aspirations impact on the father's involvement. How can we break this pattern?*

In this seminar we discuss mothers-as-gatekeepers, explore issues of male/female parenting (similar? different?), and share strategies adopted by cohesive families to validate all family members as caregivers.

## **Raising happy babies: managing the transition to parenthood**

*New parenthood is a time of momentous change for both men and women, and a challenging time for their relationship: most new parents argue much more frequently than they did before the birth. But it doesn't have to be this way.*

This seminar draws on contributions from 'veteran' fathers and mothers, and other experts, to help individuals and couples negotiate the transition to parenthood smoothly. Topics covered include: fathers' vital role at the birth; planning for and making the most of paternity and parental leave; 'arguing better'; 'team parenting'; managing sleep and crying; optimising early bonding; and infants' brain development.

## **Mums and dads forever: co-parenting across households**

*Most children in the UK grow up living in a household with both their parents, but a sizeable minority don't. In most cases, these children spend more time at mum's house than at dad's. Some fathers end up seeing their children infrequently post-separation, but many remain in frequent contact, have them stay overnight regularly, and maintain close relationships. Evidence suggests such arrangements can bring enormous benefits to everyone involved.*

This practical seminar explores strategies to help both fathers and mothers develop and maintain strong relationships with their children before and after separation, and to co-parent successfully across households.

## **Making memories: how will your child remember you?**

*Family rituals are important: repeated interactions, formal and informal, endure in the conscious and unconscious, mind. Such rituals can include 'special' family breakfasts; repeated outings to favourite places; simple interactions, such as a father or mother regularly setting aside time to listen so their child will talk; or a parent who travels reading them a bedtime story via Zoom or Facetime. Establishing and adapting such rituals can foster family cohesion and children's sense of security.*

In this seminar, designed to include 'on the spot' contributions from the audience, we explore our visions of ourselves as parents, and how to match these with our children's needs.