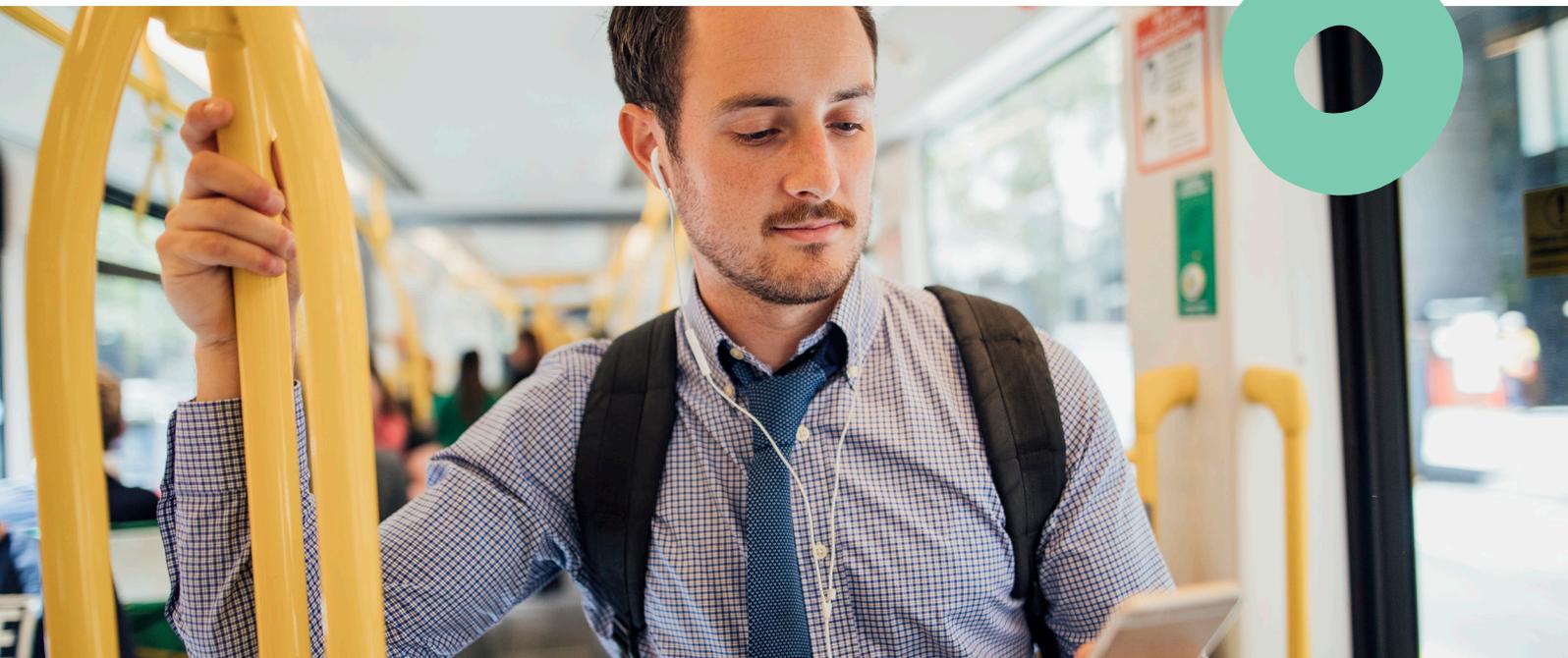


Dads at work



Dads at work involves dads, in the same workplace, getting together and sharing stories about fatherhood.

We're talking about dads:

- getting a coffee or grabbing lunch
- booking in time to have a chat
- making it a regular thing.

We're encouraging dads to simply get together, with no set agenda, and share dad stories. What gets discussed is up to the dads in the group.

Here are some ideas to get started.

- Discussing becoming a dad and returning to work
- Laughing about how little sleep everyone gets
- Talking about relationships at home
- Crying about how frustrating toddlers can be
- Talking about managing work-family balance

We want to give dads the opportunity to connect with other dads in the same way mums can in mums' groups.

Workplaces giving dads the time and space to do this is a great way to recognise their employees as dads and support dads and their families in the workplace.

The aim of dads at work is for:

- dads in the workplace to feel supported in their roles as dads and as employees
- dads to connect, talk and learn with other dads through workshops and catch-ups
- workplaces to better understand the important role of dads and how they can support their employees
- workplaces to offer time during work hours for dads to attend workshops and catch-ups with other dads.

