

# TOP DAD PROGRAM

- *How to fulfill professional and fatherhood ambitions*
- *How to set, and maintain, healthy goals*
- *Insights, skills, support*
- *Reflect and connect*

## Program elements

- Intake
- Six plenary sessions
- Two individual coaching sessions
- Guest speakers
- Portal access (further resources)

## Why a Top Dad program?

Your ambitions go further than your job. You wish to excel not only in the work environment but also in fatherhood, in line with modern expectations from young and ambitious fathers. The challenge may be even bigger if you have an equally ambitious spouse who would also like to advance her/his career.

What happens when you become a father? And how do you manage the combination of a top job and an involved and committed fatherhood? The Top Dad Program is designed to support dads and organizations in redressing the balance.

## What's in it for me?

In the program you reflect and readjust, both individually and with each other. The following areas are covered:

- **Personal insights** – awareness of your current patterns, your strengths and those areas that call for re-assessment.
- **Energy management** – understanding what you need in order to ensure sustainable physical, mental and emotional energy. How best to recharge your personal batteries, and how best to spend the energy gained.
- **Personal leadership** – proactive focus on your personal qualities and where you deliver most value. Find out how to make these qualities more visible within the organization, and how to cope with external pressures.
- **Connection** – meet ambitious professionals in a similar position and obtain support, inspiration and a valuable network.

## With whom?

- **Performance coach & founder of Lifeguard Pepijn van de Meulen** walks the talk: married to Nicole and father of four children under the age of 10, he successfully combines a fulltime career with a full commitment to his role as husband and father.
- **Performance coach Harro Yestra** combines an individual and team coaching career (in the fields of mental power, mindfulness and coping with stress) with his role as partner to Iris and father to his 5 year old son.

