

Equal Parenting Matters

Gender neutral support for parents in the workplace

The role of a father has evolved considerably in the 21st century. Dads are navigating the integration of work and family, gender stereotypes, societal expectations, disciplining their children and at the same time trying to have a positive relationship. This session will give dads a chance to think about what kind of father they want to be and to explore the role they play in bringing up their children.

It provides a space to appreciate and celebrate the role of fathers and normalise common challenges that dads may face as the world of work evolves.

Everyone benefits from challenging gender stereotypes (mums, dads, children and the workplace) to reach a stage where the role of a father is respected equally to that of a mother and men are held equally responsible for raising future generations..

Session Outline

Modern fatherhood

Why dads matter - challenging myths

Nurturing a supportive workplace culture for fathers

Division of labour in the home

Positive parenting skills to develop real connection and communication

Session Includes

Personal attention and feedback in an informal atmosphere with Q&A

An invaluable booklet complete with information covered on the session

Option to showcase real life examples from within the organisation



Facilitator: Rachel Vecht

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and independent sector. She has also worked as a University mentor and lecturer to student teachers. In 2001, she founded Educating Matters, in addition to becoming a mother to 4 children. She has supported and guided tens of thousands of working parents in the corporate and public sector globally. She also delivers online parenting courses, speaks in schools, offers one to one consultations to parents globally and comments on parenting for the media, podcasts and blog posts.