



WEBINAR

Supporting Dads in a Changed World

Ian Dinwiddy

1-hour webinar for all dads – new, expectant, dads of children of all ages. How to balance work and fatherhood: masculinity and parenting in a changing world.

Aim of the webinar:

This webinar aims to connect a group of internal dads to exchange and share viewpoints, personal experiences, differences and challenges. Ian will share insights from his work with other professional dads, as well as practical ideas for best practice takeaways. We will cover:

- A tough time to be a man?
- The challenges of fatherhood.
- What does 'good work/life balance' mean to you?
- Assess your work/life balance.
- Design your ideal working week.
- Achieve your ideal work/life balance.

About the speaker:

After graduating from UCL, Ian started his career with WHSmith Group and later had 10 years management consultancy experience, specialising in operational change, working with major retailers such as Tesco, Sainsburys and B&Q and food manufacturers including Uniq, United Biscuits and Samworth Brothers.

Ian's wife, Lisa, is a partner in a law firm, and after their daughter was born in 2010, he spent seven years combining freelance work with being a primary carer to his children (who are now 11 and 8) including two stints as a 'full-time' stay at home dad. Outside of work he has umpired at the highest levels of hockey in England and is a Level 2 Hockey Umpire Coach.

Ian has a distinction in Personal Performance Coaching from The Coaching Academy and helps stressed dads balance work and fatherhood, building meaningful connections with their partners and children, and focusing their energy to create calmness and purpose in their lives.

Ian is a thought leader in the field of championing dads at work, specialising in exploring how a focus on supporting dads can drive wider business and societal benefits, especially in the field of gender equality. He is a regular contributor to the workingdads.co.uk and DaddiLife platforms and the co-host on 40+ episodes of the Lockdown Dads Podcast.