

YPO/WPO RETREAT

BECOMING BETTER FATHERS & REDUCING WORK-FAMILY CONFLICT

Facilitator strengths:

- Psychologists experienced in leading men's groups
- Scholars in men and masculinity
- Knowledge of research-informed best parenting practices
- Previous work experience in Fortune 500 company
- Theoretical perspectives on work-family conflict
- Outstanding teaching skills
- Shared experiences as fathers and husbands

FROM MAD MEN TO THE MODERN FAMILY: ADDRESSING WORK-FAMILY CONFLICT

This retreat addresses the complex intersection of our multiple identities as business executives, fathers, and husbands. Objectives include reducing barriers to a healthy work-family balance, improving relationships with children/partners, learning best practices in parenting, and addressing problematic relationship patterns.

To reach these goals participants are led through a range of insight-generating discussions and experiential exercises. Sample topics include experiences of being fathered, developmental issues, core family values, and outlining member's lasting legacy/influence. With each theme, members are challenged to address central obstacles they may experience both at home and at work.

TESTIMONIALS FROM YPO MEMBERS

"The facilitators provide a good combination of experience as clinicians, researchers and fathers. They really go deep."

"I walked away with a better understanding of my strengths, weaknesses, challenges and goals as a father and husband."

"I'm looking forward to using skills I learned to develop stronger relationships with my children and my wife."



Aaron B. Rochlen, Ph.D.

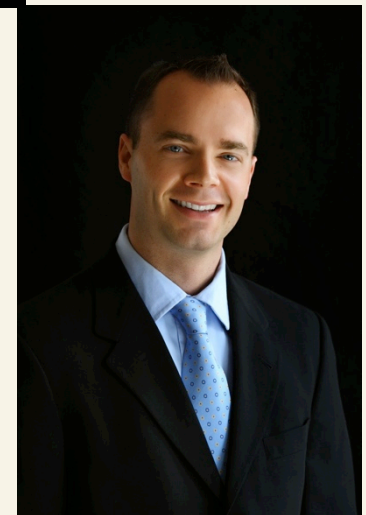
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***1 OR 2-DAY RETREAT FORMAT**