

**CONGRATULATIONS
ON THE
COMMITMENT
YOU HAVE MADE
TO BEING
A GREAT DAD!**

The purchase of this course and the time you dedicate to completing it is without doubt one of the **most valuable investments you will ever make.**

Being a great dad is not something that just happens. It requires commitment, intentionality and a willingness to grow and change. But the rewards are outstanding, for both you and your children.

HERE'S HOW IT WORKS:

The course consists of a series of short **video clips** – each between 4 and 10 minutes long.



Each clip has a short **course book** to go through after watching, which contains some reading material and an **exercise** or two to complete. The course books can be downloaded and the exercises completed digitally, or printed and handwritten.

There are **17 videos** divided up into **5 modules** of 3 videos each with an introductory video and a final word for after you have completed the modules.

Start each session by watching the relevant video then move on to the course book to read the material and complete the exercises.



IT'S AS SIMPLE AS THIS:

1. Watch the video
2. Read the relevant workbook
3. Complete the relevant exercises

The video clip and reading material will provide you with the principles and insights you need to be a great father and the exercises will help you put these principles into practise. Some of the exercises will require input from other family members but most of them will just be for your own reflection and action. To get maximum benefit from the course work through each exercise thoroughly - try to avoid the temptation of just moving on to the next video! There's no time limit so you can work through the course at your leisure. At the end of each exercise you will be able to print out the exercise with your responses. I highly recommend keeping a file with all the exercises and feedback from this course.

MOBILE DEVICES:

If you are doing the course on a smartphone or tablet, you can watch the videos the same way you do on a desktop. However in order to do the PDF course book exercises, we recommend you download the free **Acrobat Reader mobile** app. In each of the sessions, click on the mobile version of the PDF, which will open in a new tab in your phone browser, so you can “share” to open it in Acrobat Reader. This will allow you to fill in the exercises on your mobile device.



Remember that no matter what you feel or what your intentions are, the only thing that counts is what you actually do. The only true measure of what a man values is what he does with his time and resources. By choosing to buy this course and dedicating time to completing it you are showing clearly that you value your children deeply.

**Power to you
on this exciting,
rewarding and
incredibly important
journey!**