



## Fathers-Crash-Course

The employers gift for fathers-to-be.

The start and setting up of a family is an important time for everyone. During this time, employers can gift their employees and expectant fathers with the Fathers-Crash-Course. The course focuses on questions about the pairing of fatherhood and profession. By offering this course to their father-to-be employees, organisations make it clear that they are aware of the challenges of this transition and show that men are also valued as fathers and fathers-to-be.

What we offer.

### Employee gift voucher for a regional Fathers-Crash-Course.

You reward your employee, as a sign of your appreciation, with a voucher for the Fathers-Crash-Course. How much time you offer an employee towards the course is up to you. The expectant father will decide when and where they want to participate and book the course themselves.

- Open to all employment sectors
- Available in Zürich, Bern, Chur, Basel
- 2 evening meetings of 2 1/2 hours
- Your investment per participant:  
**CHF 190**

More information (course dates/course content) and gift vouchers available at [www.vatercrashkurs.ch](http://www.vatercrashkurs.ch)

### Organising an in-house Fathers-Crash-Course.

As a larger company, organisation or as an association, you are interested in offering a tailor-made course, or to include it in your company training and health program. We will happily clarify the appropriate framework and content with you and make a course offer.

- On site or at a location of your choice
- From 4 participants and upwards
- For example, 3 - 6 hours, distributed over 1 - 3 meetings.
- Flexible course times
- Your investment: **from CHF 900**

Get in touch with us for more information and an initial consultation:  
[vatercrashkurs@mencare.swiss](mailto:vatercrashkurs@mencare.swiss)

Your benefits.

**Fulfilled Fathers – Motivated Employees:** Numerous studies have shown that an intact family environment has a positive effect on the motivation and performance of employees at the workplace. For this reason the crash-courses' main focus is on what it takes to meet the challenges of balancing work and family life; not only around the birth of a child, but also for the medium and long term.

**Welcoming Men as Employees and Fathers:** With the gift of the crash course, you demonstrate to your employees that as an organisation you value and respect men who want to take an active, supportive role both at the workplace and in family life. It is our firm belief that this improves employee loyalty and strengthens the employer/employee relationship.

Course design.

- Course leader** Experienced instructors with personal expertise and know-how of the (sometimes) conflicting priorities between work & family
- Participants** max. 12 participants per course
- Content** Finding the balance between fatherhood, work, relationship and personal space.
- Goals** The participants consider their own life situation and look, specifically, at how they can shape their professional life in such a way that career development, the preservation of personal freedoms, as well as the development of positive, personal relationships (especially to partner and child) can all find their place.
- The course leader, activities and discussions are intended to enable participants to develop and consider concrete solutions and ways forward.
- Method** Expert inputs, individual and group activities, course hand-outs with tips and tricks.
- Course provider** Swiss Institute für Männer- und Geschlechterfragen, [www.simg.ch](http://www.simg.ch)



The Fathers-Crash-Course was developed in 2016 within the framework of the National Program MenCare and will be implemented from 2017 onwards. MenCare is a global initiative to strengthen paternal presence and care.

[www.mencare.swiss](http://www.mencare.swiss)  
[www.men-care.org](http://www.men-care.org)

Contact and information at:  
[www.vatercrashkurs.ch](http://www.vatercrashkurs.ch)