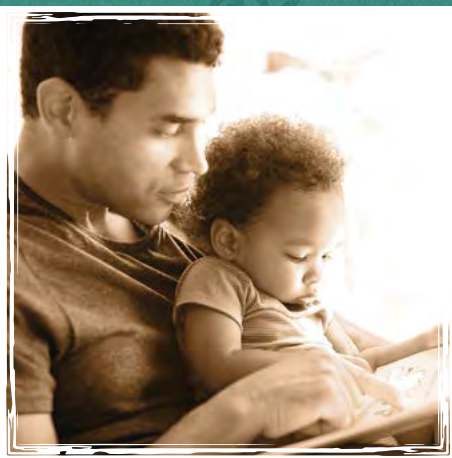




24:7 DAD<sup>®</sup>

# KEY BEHAVIORS WORKSHOP

Facilitator's Manual



National  
Fatherhood  
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## SECTION 2: Behaviors of Self-Awareness



### SECTION DESCRIPTION

This section covers the two behaviors associated with Self-Awareness: Works with an Accountability Partner or Partners and Reflects on a Weekly Basis. Participants learn what each behavior means, identify potential ways in which a dad can apply each behavior, and identify ways in which they will apply each behavior in their own life.

### PRE-SECTION PREPARATION:

1. If you decided to split the sections of this workshop for completion in more than one day (e.g. over two or more days in a week or over more than one week), consider facilitating a short check-in discussion (e.g. 2 minutes) for participants to share thoughts about what they learned during the last section, whether they tried to apply anything they learned, or any other feedback you'd like to get.
2. Decide how you will divide the participants into teams that will compete to solve riddles at the start of this and the next four sections of the workshop. You can divide them into pairs, triads, foursomes, or larger groups. We recommend that you let the size of the group determine the number of participants on each team. Keep the number of teams reasonable (e.g. no more than five). If the overall group size is an odd rather than even number, it is okay to have a team(s) with more or less participants. **Keep the participants on the same teams in the following four sections.**
3. Decide how you will separate the teams to solve the riddles. Be sure to separate them far enough away from each other so they can talk softly without being overheard by other teams.
4. Decide how you will keep track of the team that solves the most riddles and what you will do in the case of a tie (e.g. flip a coin to determine the winning team or give the prize[s] to members of both/all tied teams), which can also include a case in which no team gets any correct answers.
5. If you decided to split the sections of this workshop for completion in more than one day (e.g. over two or more days in a week or over more than one week), determine how you will keep track of the teams that will attempt to solve the riddles to ensure the participants remain on the same teams and that you remember who is on each team (e.g. assign each team a number or name).
6. Identify the prize(s) and the number of that prize(s) that you will award to each of the members of the winning team.

—continued



FLIP  
CHART

OR



WHITEBOARD



7. For the “Show Them” activity, identify some people a dad might choose as an accountability partner and some ways a dad might reflect on at least a weekly basis. If the participants don’t identify any or all of your ideas, be prepared to share those they don’t identify.
8. Load the *24/7 Dad® Key Behaviors Workshop PowerPoint®* presentation into your digital projection system, test it to ensure you will not encounter problems projecting it, and cue it to the first slide for this section of the workshop. Ensure that you show the presentation in “Slide Show” mode. Do not show it in “Normal” or “Slide Sorter” mode.
9. If you use an older version of PowerPoint® that will not allow you to show a video embedded into a slide, locate the video for this section of the workshop on the Flash Drive that came with your *24/7 Dad® Key Behaviors Workshop* kit and show it from that drive.

**Materials Needed:** Flip chart or whiteboard, markers, *Fathering Handbook*, pens or pencils, digital projection system, and *24/7 Dad® Key Behaviors Workshop* Flash Drive with PowerPoint® presentation

**Slides Needed:** #9-12

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**ACTIVITY: Riddle****6 minutes****1. SAY:**

As I mentioned earlier, we're going to have some fun through some competition. I'll divide you into teams and give you a riddle to solve at the start of this and the following four sections for a total of five riddles. The team that solves the most riddles wins the competition. Each member of the winning team will get *(the name of the prize[s])*.

*(Divide the participants into teams and separate them based on the decisions you made when you prepared for this section.)*

**2. SHOW SLIDE #9 and SAY:**

**Riddle #1**

There's a man at home. Another man is on his way home.  
The man at home is wearing a mask.  
What's going on?

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The first riddle is:

There's a man at home. Another man is on his way home.  
The man at home is wearing a mask.  
What's going on?

You have five minutes to solve it. That five minutes starts now.

*(Give the teams five minutes. Then ask each team for its answer. Record the team[s] that answers it correctly. If no one gets the correct answer in parentheses below, share it.)*

*(The man at home is a catcher in a baseball game. That's why he's wearing a mask. The man on his way home is a member of the opposing team that has either hit a home run and is rounding the bases or was already on base and is heading home after a teammate got a hit or a home run. If any teams didn't solve the riddle, it's probably because they assumed that "home" meant someone's house.)*

**3. SAY:**

In addition to this fun competition at the start of this and the next four sections, you'll watch an inspiring video of some dads who completed the 24/7 Dad® program and what it means to have each of the five traits of the 24/7 Dad. In this first video, they discuss what it means to have the trait Self-Awareness. As you watch it, pay attention to what the dads say about being a dad with self-awareness.





**ACTIVITY: Video**

4 to 7 minutes



1. **PLAY VIDEO on SLIDE #10:**

2. **SAY:**

Does anyone have any thoughts on what the dads shared about being a self-aware 24/7 Dad?

*(Allow time for participants to share.)*

**ACTIVITY: Define Them**

2 to 5 minutes



1. **SHOW SLIDE #11 and SAY:**



The 24/7 Dad works with one or more accountability partners.

2. **ASK:**

Does anyone know what I mean by an “accountability partner?”

*(Allow time for participants to respond. If someone shares the definition below or comes close to it, acknowledge their answer. If no one shares the definition, share it with the group.)*

An accountability partner is someone who assists or coaches you to maintain one or more commitments. They hold you accountable for following through.

3. **SAY:**

You’ll identify one or more people who will coach or assist you to follow through on the commitment to develop each of the 12 behaviors. The importance of this behavior is that it is tied to every one of the other 11 behaviors. That’s why it’s the very first behavior to develop. It reflects the part of Self-Awareness that involves the 24/7 Dad making and accepting responsibility for his actions.



So, when we get to the part of this section of the workshop where you'll apply this behavior, it will not be as open to different ways in which you might apply it. You'll simply choose one or more accountability partners. The person or people could be a family member, friend, co-worker, or other person or people you trust. Make sure they won't be afraid to hold you accountable.

The second behavior of the 24/7 Dad is that he reflects on a weekly basis. In fact, the 24/7 Dad might reflect more frequently, such as several times a week or every day. But he reflects at least once a week.

#### 4. ASK:

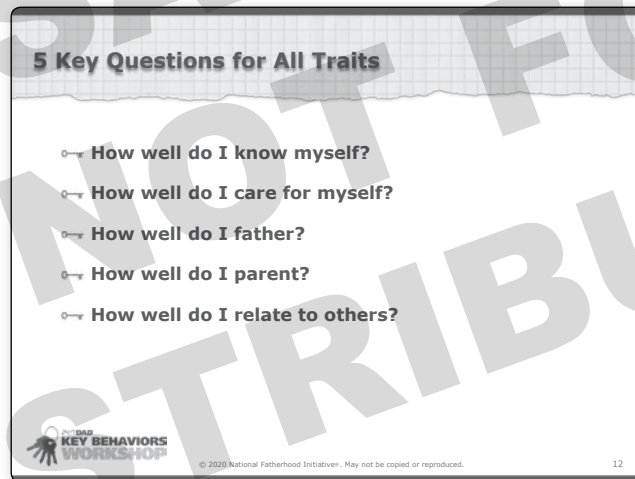
Do any of you reflect on your fathering and things in your life that affect your fathering, or on any other aspects of your life?

*(Allow time for the participants to respond. If someone shares, ask how often they reflect and the manner in which [or how] they reflect.)*

#### 5. SAY:

It's important to reflect often enough to make reflection helpful. That's why you should do it at least once a week, if not more often. Within the context of being a 24/7 Dad, you should reflect on all of the traits and behaviors you're learning in this workshop.

#### 6. SHOW SLIDE #12 and SAY:



There are five key questions associated with each trait to always ask when you reflect. Ask:

- How well do I know myself?
- How well do I care for myself?
- How well do I father?
- How well do I parent?
- How well do I relate to others?

As you reflect on those questions, reflect on how well you have developed each of the behaviors that will nurture the five traits within you.

**ACTIVITY: Show Them****15 minutes****1. SAY:**

To lay the foundation for the ways in which you'll apply the first two behaviors in your life, we'll go through an interactive activity that will generate a lot of possible ways a dad could apply them in his life. We call this activity "Show Them" as in how to show, express, or apply the behaviors. We'll go through the same activity in each of the next four sections of the workshop.

Even though we'll record on the (*flip chart or whiteboard*) the ideas you'll generate, be on the lookout for ways to apply the behaviors that might make sense in your life, given your situation. When you hear them, make a note on page 10 in your Fathering Handbook.

Let's start with Works with an Accountability Partner or Partners. As I mentioned before, the way in which you'll apply this behavior is straight forward. You'll simply choose one or more accountability partners. To help you do that, I'll ask you a question.

**2. ASK:**

Who might a dad choose as an accountability partner?

*(Allow time for participants to respond. Have your co-facilitator write their responses on the flip chart or whiteboard. If you don't have a co-facilitator, consider asking one of the participants to record the responses. If necessary, share some of the people a dad might choose that you identified in preparation for this section.)*

**3. SAY:**

Now let's focus on Reflects on a Weekly Basis. As you consider ways that a dad might apply this behavior, think about four things.

- First, consider the first seven of the eight categories or "Things to Think About" when identifying a way. If you need a reminder of the categories, you'll find them on page 7 in your Fathering Handbook.
- Second, you can share as many ideas as you like, and they can fit into any of the first seven Things to Think About categories. You can even share more than one idea in a category. I ask that you share only one idea at a time.
- Third, don't think about the eighth category, My Case. That's because we don't want to prevent any participant in this workshop from sharing a way that might work for any other participant. Don't allow your own situation to prevent you from sharing an idea that might work for someone else. Each of you has a unique situation that you'll consider when we get to the portion of this and other sections where you'll apply the behaviors in your own life. For now, we want to generate as many ideas as possible for people to choose from.
- Fourth, remember that a dad could reflect more frequently than once a week.



OR

**NOTE TO FACILITATOR:**

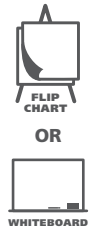
Consider using a round-robin format to generate ideas. Instruct dads to share one idea at a time. Tell them that they can share another idea the next time around the group.



**4: ASK:**

What are some ways in which a dad might apply Reflects on a Weekly Basis?

*(Allow time for participants to respond. Have your co-facilitator write their responses on the flip chart or whiteboard. If you don't have a co-facilitator, consider asking one of the participants to record the responses. If necessary, share some of ways that a dad might apply this behavior that you identified in preparation for this section.)*

**ACTIVITY: Apply Them****20 minutes****1. SAY:**

Turn in your Fathering Handbook to page 11. You have 20 minutes to identify a possible accountability partner or partners and up to three of the best or most effective ways that you will apply Reflects on a Weekly Basis. You can start with either behavior. If you need more room to write ways to apply the behaviors, use the extra space on page 12.

This is the most important part of this section of the workshop, so be as thoughtful as you can and take your time. I'll let you know when we're at the 10-minute mark so that you can divide your time equally between the two behaviors.

Before you get started, I want to say something important about applying Reflects on a Weekly Basis. You can reflect in more than one way; however, I (*or we if you have a co-facilitator*) recommend that you use the one way that works best for you. That's because it's easier to develop the behavior into a habit if you focus on one way to reflect. If you already reflect on a weekly basis and that way works for you, then keep doing it. You could also identify a couple other ways to test and see whether one of those ways works better. If you don't currently reflect on a weekly basis, identify some ways you can test and choose from.

*(Cue the participants to start. Tell them when 10 minutes has elapsed and to move on now, or in the next minute or two, to the other behavior.)*

**End Section 2****10 minutes****1. SAY:**

Before we end this second section of the workshop, I'd like some volunteers to share any one or more of the ideas you identified for either behavior and why you chose that idea or those ideas.

*(Allow time for the participants to respond. Encourage the group to clap after each participant shares.)*

**NOTES**


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24:7 DAD<sup>®</sup>

# KEY BEHAVIORS WORKSHOP

Fathering Handbook



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## SECTION 2: BEHAVIORS OF SELF-AWARENESS

### THE TWO BEHAVIORS ARE:



Works with an Accountability Partner or Partners



Reflects on a Weekly Basis

Identify at least one person to make sure you follow through on all 12 behaviors. The person (or people) could be a family member, friend, co-worker, or other person or people you trust.

Reflect at least once a week all of the traits and behaviors you learned in this workshop.

### 5 Questions to Ask When You Reflect

1. How well do I know myself? (Self-Awareness)
2. How well do I care for myself? (Caring for Self)
3. How well do I father? (Fathering Skills)
4. How well do I parent? (Parenting Skills)
5. How well do I relate to others? (Relationship Skills)

**How well have you developed each of the behaviors that will nurture the five traits within you?**















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Please review the 12 key behaviors to the right.

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- ✓ Can be delivered to small or large groups
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### BONUS!

The Workshop Facilitator's Manual contains separate Program Guides for delivering to groups AND to dads one-on-one!

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### The 12 Key Behaviors

1. Works with an Accountability Partner(s)
2. Reflects on a Weekly Basis
3. Takes Care of Physical Health
4. Takes Care of Emotional/ Mental Health
5. Develops Skills that Reflect His Role in the Family
6. Models Healthy Masculinity
7. Disciplines His Children in Healthy Ways
8. Nurtures His Children
9. Communicates Well with Mom and Their Children
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# Run this workshop in one day, or break apart into session lengths that work best for you.

## What's Included

- **(1) 24/7 Dad® Key Behaviors Workshop Facilitator's Manual with Workshop Guide:** Contains instructional information to easily facilitate the workshop with groups of fathers and with only one father.
- **(10) 24/7 Dad® Key Behaviors Workshop Fathering Handbooks:** Fathers use and write in it to participate in activities (extra handbooks available for purchase).
- **(10) Quick Reference Cards:** Perforated tear-out inside handbook front cover, fathers can keep as pocket cards to remind them of the 5 characteristics of a 24/7 Dad® and the 12 key behaviors.
- **(1) Thumb drive (flash drive):** Contains supporting workshop materials, PowerPoint® slides, videos, satisfaction survey, certificate of completion, marketing resources and more.

## Topics Covered

1. Works with an Accountability Partner or Partners
2. Reflects on a Weekly Basis
3. Takes Care of Physical Health on a Regular Basis
4. Takes Care of Emotional/Mental Health on a Regular Basis
5. Develops Skills that Reflect His Role in the Family
6. Models Healthy Masculinity
7. Disciplines His Children in Healthy Ways
8. Nurtures His Children
9. Communicates Well with Mom and Their Children
10. Builds and Maintains a Good Relationship with Mom
11. Pays It Forward
12. Engages with His Community

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