

Ian Dinwiddy - Guest Expert



A coach, mentor, and the founder of Inspiring Dads. Ian delivers coaching, presentations and workshops to innovative businesses who put supporting new dads at the heart of their gender equality strategy, recognising the positive impact on equality and well-being of helping dads solve the challenge of “how to be a great dad WITHOUT sacrificing a great career.”

An ex Management consultant, twice a stay at home dad and National League hockey umpire, I'm the co-host of 46 episodes of the Lockdown Dads podcast, where we interviewed politicians, PhDs and an international rock star.

Inspiring Dads' core product is “The New Dads Accelerator” – a 5 week blend of remote learning and group coaching for dads with children under 1 year old.

WEBINAR, WORKSHOP AND CONTENT INSPIRATION

- Why Supporting New Dads at Work is a Route to Gender Equality
- How to Balance Work and Fatherhood: Masculinity and Parenting in a Changing World
- My Story - Lessons in Equality and Mental Fitness (Multiple Sclerosis, Suicide, Stay at Home Dad)
- Why Does "Equality Start at Home"?
- The Home Contract - Solving the Second Shift and Mental Load Challenges (with Frances Cushway)
 - In what ways is it tough to be a working dad?
 - What do new dads actually want and need?
 - Practical steps that businesses can take to support dads at work.
 - Five practical tips to cope with the impact of fatherhood.
 - What opportunities does Covid present for dads and gender equality?
 - How to build meaningful relationships with your partner and your children.



Website - www.inspiringdads.co.uk/

Free PDF - "10 Reasons Why Supporting New Dads At Work REALLY Matters."

Free Webinar - "Why Supporting New Dads At Work Is THE Route To Gender Equality"

Media links - www.inspiringdads.co.uk/latest-news

Lockdown Dads Podcast - www.inspiringdads.co.uk/lockdown-dads

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AS SEEN IN...

