

# Fatherhood and Identity:

## How does becoming a father shape who you are?

This workshop invites fathers to reflect on how becoming a dad transforms identity and self-perception. Discover how fatherhood reshapes your priorities, relationships, and sense of self.

Together, we'll explore ways to embrace these changes and align them with your personal values, fostering growth and fulfilment. Celebrate the journey of fatherhood and connect with others navigating similar paths.

**Please note:**

**This is a targeted workshop for men only**

Tuesday, 4th  
March 2025  
10am-12pm  
via MS Teams

Delivered by:  
Chris Kolade &  
Derek Willis  
Ealing Parenting  
Service

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