

Better Dads

Better Workplaces. Stronger Communities.

A proactive support program supporting fathers in high-stress industries.

Why Better Dads?

Shift-based and FIFO work can take a heavy toll on families. Long hours, time away, and high-pressure environments can lead to stress, emotional fatigue, and strained relationships. These challenges don't stay at home, they impact safety, focus, and culture at work.

Better Dads is a proactive program that equips fathers with the tools to build stronger family connections, manage emotional stress, and reduce psychosocial risks, helping organisations foster safer, more resilient workplaces.

The Program at a Glance

- **Ten Weekly Workshops**
Interactive 90-minute sessions focused on communication, emotional regulation and parenting.
- **Individual Coaching**
One-on-one support to address personal challenges and set meaningful goals.
- **Workplace-Aligned**
Confidential, judgement-free delivery, tailored to your workplace and designed to support organisational values like respect, inclusion, and accountability.

What It Achieves

- **Healthier Families** – Stronger bonds, better communication, reduced conflict
- **Improved Mental Focus** – Less stress, more engagement at work
- **Reduced Risk** – Early intervention to prevent issues from escalating
- **Safer Workplaces** – Fewer distractions, incidents, and interpersonal conflict
- **Better Retention & Reputation** – A culture of care builds loyalty and attracts talent

Why It Matters to Employers

- **Help Meet Governance and Regulatory Requirements**
The WA Code of Practice on Psychosocial Hazards and the Work Health and Safety Act 2020 require employers to manage psychological risks, including those linked to family stress.
- **Prevent, Don't React**
Investing in early intervention helps prevent workplace stress become family stress, and from family stress becoming a workplace issue.
- **Support a Culture of Care**
Demonstrating genuine care for employees as parents helps attract, retain, and motivate a strong workforce.
- **Enhance Productivity**
Fathers who feel supported come to work more focused, present, and effective.
- **Flexible Delivery Options**
Sessions can be tailored to suit client needs, including options that work around FIFO rosters and varied schedules.



Who It's For

Better Dads is designed for fathers experiencing stress, conflict or disconnection in their parenting or relationships either due to work-related circumstances or other circumstances.

Especially those navigating:

- FIFO or shift-based work
- Separation or co-parenting challenges
- Emotional fatigue or behavioural concerns

No judgement. Just support, skill-building, and connection.

Support your teams with Better Dads, so they can become better teams.

Whether you're in HR, safety, or leadership, Better Dads helps you support your workforce while building stronger families and communities.

Interested in bringing Better Dads to your organisation?

Contact us for a call or meeting or download our info pack today.

About Stronger Families

Stronger Families Foundation empowers men to strengthen relationships, protect children and foster safer communities by delivering tools, resources and evidence-based support. We are committed to preventing family and domestic violence through education programs that focus on fathers.

Based in Australia, we partner with workplaces, community services and local organisations to bring targeted, best-practice interventions directly to families affected by domestic violence. Our goal is to support fathers on their journey to change, helping them understand their impact, take responsibility and build positive, lasting relationships with their children.

Through collaboration, compassion and accountability, Stronger Families Foundation is dedicated to breaking the cycle of violence and enabling families to thrive in a safer, more resilient future.

Contact Us

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