

8 weeks starting on Wednesday October 12th, 2022  
See website for details and to register

# THE FATHERHOOD COMPASS

- A course designed to help give fathers knowledge and tools to face the challenges of parenting in today's world.
- Learn how to better understand:
  - feelings, needs, and relationship dynamics
  - communication
  - developmental stages
  - parenting styles
  - nervous system regulation (ours and theirs)



Ian Abbott  
Relationship Coach

Life.  
Love.  
Habits.

---

Your facilitator - Ian is deeply committed to his own learning and growth as a father. His course is designed to create a safe and supportive space for men to learn, grow, and heal on their journey of fatherhood.

[lifelovehabits.com](https://lifelovehabits.com)

@lifelovehabits

[Click here to register](https://lifelovehabits.com)