



*At last!
A parenting course
just for Dads!*

Let's check these guys out!!





MORE COMMITTED, MORE CAPABLE, MORE CONFIDENT

Introducing... ***BETTER MEN Australia***

The Shift Workers!

We're working on the shift that's sweeping the nation: average blokes are striving to be better men, better husbands, and better fathers. They're willing to do whatever it takes to be more committed, more capable and more confident. Sociologists are calling it a social revolution - a paradigm shift in the heads, hearts and hands of a new breed of men who want to make a lasting impact on this world for the sake of their families.

We support men of all ages and cultures (and their families) to make this shift possible through life-changing:

- mentoring adventures
- on-line and face-to-face coaching and mentoring
- entertaining events and practical seminars
- consultancy to councils, agencies, businesses, churches and clubs.

TOGETHER we can build a nation of better men.



MORE COMMITTED, MORE CAPABLE, MORE CONFIDENT

ADVENTURES

COACHING

CONSULTING

SPEAKING

EVENTS

Seminars

Forums

Date with Dad

Pit Stop

Welcome to *BETTER MEN Australia*

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THIS PRESENTATION



**An 8 session parenting tune-up for dads
who want to see their families firing on all cylinders**

Created by ROB KOCH

Founding Director of Better Men Australia

Better Men Australia acknowledge the support and contribution made by Windermere Child & Family Services where the program was first created, and the City of Casey where the program was further developed, promoted and facilitated by the author, Rob Koch.

Pit Stop 5.0 was revised by Rob Koch, Rick Wakelin and Stephen Connor in 2013.

PIT STOP



Parenting Tune-Up

It's a life-changing course
designed and delivered by men
for every father

who wants to see his family
firing on all cylinders

**Who said children don't
come with an
instruction
manual?**



An initiative of Nillumbik Shire Council Family and Children's Services - Now in it's 5th year!



NEXT COURSE STARTS JULY 30 2013



WHAT MEN HAVE SAID ABOUT PIT STOP:

"It was great to get together just with blokes. The guys up front are down to earth... I'm now on track to creating a better a future for my kids"

"The bond and affection I have with my wife and son since I started Pit Stop has been amazing. Fatherhood is now immensely enjoyable!!"

"I didn't like the idea of someone telling me how to parent, but I soon discovered Pit Stop is different... I look forward to it every week!"

"This has been a fabulous course. It has given me many simple insights I just hadn't thought about before. I would strongly recommend it to every dad."

"Pit Stop changed my life and saved my marriage. From the very bottom of my heart I say thank you!"

EFFECTIVENESS

Each course averages 15-25 men with a 92% retention rate



PIT STOP





NEXT COURSE

July 30 to Sept 17 2013

Tuesdays 7.30pm – 9.30pm

VENUE: TO BE ANNOUNCED

Somewhere in the Nillumbik Shire near you!

COST: \$50 includes manual & snacks

REGISTRATION ESSENTIAL

To register or enquire contact the co-ordinator
Narelle Hart at Nillumbik Shire Offices
 on 03 9433 3135
 email narelle.hart@nillumbik.vic.gov.au

GET THE FACTS ON FATHERHOOD

- ◆ Why Dads Matter to Children
- ◆ Developing a Healthy Parenting Style
- ◆ Improving Family Communication and Closeness
- ◆ Steering Your Children Through Stressful Stages
- ◆ Disciplining Children Without Losing It... or Them!
- ◆ Balancing Life Work and Family
- ◆ Working as a Team (Partners Night)
- ◆ Identifying and Implementing Change (Graduation)

PLACES LIMITED TO 30 DADS

- ◆ Entertaining multi-media presentation and interaction
- ◆ Practical insights and strategies
- ◆ Relevant for Dads of babies to primary-schoolers
- ◆ Dads attend without children, Wives/Partners Week 7
- ◆ Comprehensive practical manual included
- ◆ Highly visual – good for all levels of literacy. No exams!
- ◆ Relevant for guys just wanting a refuel, tune-up, right through to men in desperate need of a complete rebuild!

WHAT MEN ARE SAYING:

"It was great to get together just with blokes. The guys up front are down to earth. I'm now on track to creating a better a future for my kids."

"I'd be the last bloke to do a parenting course 'cause I didn't like the idea of someone telling me how to parent. But I soon discovered Pit Stop is different... I look forward to it every week!"

"The bond I have with my wife and son since I started Pit Stop has been amazing... She is telling all her friends about it!"

"What a great course! It has given me many simple tools ... I would strongly recommend it to every dad."

Blokes do this. Our kids are worth it.

WHAT SO SPECIAL ABOUT PIT STOP?

◆ It equips and motivates Dads to be committed, confident, capable and caring. Research shows these children will more likely have greater resilience, healthier relationships and better futures.

◆ It is a flexible tool to work with fathers. While designed for a large group format, *Pit Stop* can be modified to work with specific target groups, small groups, families or one-on-one.

◆ It provides families with a comprehensive parenting manual. *Pit Stop* is based on mainstream, evidence-based principles and strategies – just packaged for a male audience.

◆ It promotes social connectivity. *Pit Stop* gets men together to discover and discuss what is important in life and become more supportive of each other and their partners.

◆ It challenges men to embrace their role as parent and reach their full potential.

SESSIONS

(Can also be delivered as stand-alone two-hour sessions)



1. **Why Dads Matter To Kids**

Men feel valued and motivated to learn as they examine what the latest research shows: that Dads (or father figures) can promote the development of their child, particularly if they start early.

2. **Developing a Healthy Parenting Style**

An exploration of ten parenting styles and their expected outcomes for children will assist Dads to identify their current style and the optimum style that guarantees well-parented children.

3. **Improving Family Communication and Closeness**

An entertaining look at how to give instructions so kids will listen, how to build a close relationship, and what to do to restore broken relationships, including tips for non-custodial dads and step-dads.

4. **Steering Your Children Through Stressful Stages**

Men's tendency to under-estimate the stressors children experience is challenged, helping Dads become more sensitive to their needs, more available to play and restore confidence and routine.

5. **Disciplining the Kids Without Losing It**

Dads reflect on how they were disciplined and their outcomes. A dozen alternatives to smacking are introduced providing Dads with more confidence to handle situations more calmly.

6. **Balancing Life, Work and Family**

Now that men are more motivated and equipped to parent well, they examine how they can find more time to be involved with their families and meet their own needs too.

SESSIONS

(Can also be delivered as stand-alone two-hour sessions)



7. **Working as a Team (Partner's Evening)**

Men and women come to consensus on how to support each other. They examine their five-fold parent job description and negotiate a fairer deal so everyone wins.

8. **Identifying and Implementing Change**

Dads draft a vision and goals for family life, and then explore the 10 ingredients that improve chances of success. Pit Stop climaxes with a ceremony reciting the Fatherhood Pledge.

FEATURES

- Entertaining multi-media presentation
- Highly visual – good for new arrivals learning English
- Balance of inductive and deductive training
- Practical insights, strategies and problem-solving
- Teamwork in 'Pit Crews' according to age of the children in focus
- Relaxing environment with Dads attending without children
- Gendered approach but Wives/Partners invited Week 7
- Relevant for Dads of babies through to high-schoolers
- Comprehensive practical manual included
- On-going support options explored
- Can be FREE to participants if funding is secured

ENDORSEMENTS



● ***“Pit Stop has become a highly successful and popular service which fills a significant gap in family service provision.”***

Bryan Sheridan Former Deputy CEO Windermere Child & Family Services Inc

● ***“Pit Stop gives Fathers the opportunity to take a new look at the great challenge to parent well.”***

Elizabeth Rutherford Parenting Educator – Parentzone, Anglicare

● ***“The research [we conducted on one Pit Stop course] as a whole strongly suggests that the program is effective in meeting its goals and that the men who take part in it not only profit from the experience, they also enjoy it.”***

Dr Katharine Betts AProf. Sociology, Swinburne University of Technology

● ***“As an observer who attended every session of Pit Stop I was so encouraged to see a program that validates men in their unique role as fathers, lifting their self-esteem and sense of purpose by demonstrating that their contribution to a child’s development is irreplaceable and yet complimentary to the role of mothers. Facilitators created an environment that fostered a surprising depth of camaraderie among fathers; men were finally able to express their internal dialogue and paternal instinct that would rarely otherwise see the light of day.”***

Maurice Mok Fatherhood researcher

Swinburne University

Conducted an evaluation of one *Pit Stop* course and found over the 15 week analysis period:

- ‘the reported amount of quality time with children dramatically increased’
- Quantity of time spent with children more than doubled
- 91% of men reported greater ability to handle stressful situations
- ‘Level of parenting confidence improved dramatically’
- ‘evidence points to overwhelming enjoyment of parenting’.

OPTIONS AND COST*



* For Not-For-Profit organisations and schools.
Corporate prices on application.

- *Date with Dad event (not including prizes and catering)* \$ 870.
- *A six session weekend Pit Stop course (mixed, or just dads)* \$1975.
- *An eight session weekly Pit Stop course (within 50km radius of Berwick)* \$2975.
- *Stand-alone 2.5 hour parenting sessions (mixed, or just dads)* \$ 455.
- *Professional development sessions for school staff (one hour to full day) min.* \$ 260.
- *Interactive topical personal/relational development sessions for students* \$285 p/hr

CONTACT:

For Pit Stop enquires:	Rick Wakelin	0411 695 810	rick.wakelin@bettermen.com.au
For Date with Dad enquires:	Wayne Lording	0419 308 020	wayne.lording@bettermen.com.au
For other options:	Rob Koch	0432 439 943	rob.koch@bettermen.com.au



ROB KOCH

Founding Director and Principal Consultant, Trainer & Speaker

VOCATION: Men's work consultant, trainer and speaker. Full-time with Monash Health as Men's Health and Parenting Educator and Refugee Community Health Co-Ordinator. Formerly with City of Casey, Windermere Child & Family Services, Baptist Union of QLD, and RAAF.

QUALIFICATIONS: Health Counselling, Life Coaching, Workplace Training, Theology & Ministry.

SPECIALTIES: Fatherhood, Parenting, Men's Health, Men's Issues, Spirituality, Engaging Men, Refugee Health.

INTERESTS: Kayaking, Rugby League, Saxophone, Burma, Travel - basically any adventure.

FAMILY: Married for over 33 years with Son (32) Daughter (28)

rob.koch@bettermen.com.au 0432 439 943



RICK WAKELIN

Associate Director - Pit Stop Champion, Facilitator, Trainer, Speaker and Consultant

VOCATION: Counsellor, Parent Educator, Urology Teaching Associate (Men's Health), Presenter, Consultant. Former Soldier Australian Regular Army, Managing Director.

QUALIFICATIONS: Counselling, Management, Leadership, Certificate IV in Workplace Assessment and Training.

SPECIALTIES: Men's Health & Wellbeing, Parenting, Relationships.

INTERESTS: Presenting, teaching, mentoring, cooking, illusion magic, sustainability and the environment.

FAMILY: Married for 20 years with two sons.

rick.wakelin@bettermen.com.au 0411 695 810



WAYNE LORDING Associate Director - Motivational Speaker and Date with Dad Champion

VOCATION: Full-time Sales and Marketing Executive. Acting and Modelling, Green Energy, Formerly with Hewlett Packard, Dell, IBM, Novell.

QUALIFICATIONS: Leadership, Management, Electronics, Fixed & Rotary Wing Pilot, Life Keys Facilitation, Member of CEO Institute, Equine Therapy.

SPECIALTIES: Mental and Physical Fitness, Overcoming Adversity, Character Development,

INTERESTS: Horse riding, Triathlons, Mountain Bike Riding, Flying, Modelling and Acting, Family, Skiing, Boating and Jetskiing, Politics, Camping and 4x4, Farming, Motorbike Riding and Travel.

FAMILY: Single. Daughter (11).



JOHN KOCH Associate Director - Adventures

VOCATION: Tradie - building fences, but currently studying for school chaplaincy.

QUALIFICATIONS: Mentoring, Drug and Alcohol, Cert IV in Workplace Training and Assessment,

SPECIALTIES: Adventure-based mentoring and team building, character development, problem solving, addictions, lateral thinking.

INTERESTS: Kayaking, Snow Skiing, Dog Breeding, Macro Photography, Eighties Music.

FAMILY: Repartnered, six children all up plus some adorable grandkids.



PIERO NELVA Mentoring and Fatherhood Facilitation.

VOCATION: Medical Scientist in Anatomical Pathology, former Lecturer in Pathology Testing at R.M.I.T., facilitator of men's group at QEC, speaker at Medical Science conferences.

QUALIFICATIONS: Bachelor of Applied Science, Fellow of Australian Institute of Medical Scientists, Certificate IV in Workplace Assessment and Training

SPECIALTIES: Relationships, Men's spiritual journeys - my own is very much in progress.

INTERESTS: lecturing, cycling, camping,, reading, cooking, growing vegetables, suburban sustainability.

FAMILY: Married with two daughters (6 and 3)



ROB NEAL Facilitator, Trainer, Speaker & Mentor

VOCATION: Former Police Officer and US Military Special Ops, now professional Trainer, Lecturer and Public Speaker,

QUALIFICATIONS: Master Trainer & Facilitator, Coaching & Mentoring, Management, Leadership, Cert IV in WTA, Bachelor of Business Management

SPECIALTIES: Workplace & Industrial Training, Overcoming Adversity, Motivation/Inspiration.

INTERESTS: Horses, Wood Working, Comedy Magic, Community Volunteering and my dogs.

FAMILY: Married to my best friend, 5 wonderful children and 2 gorgeous grandchildren (so far).



STEPHEN CONNOR

Pit Stop Facilitator & Developer and Personal Coach

VOCATION: Audiologist, and Secretary of Male Health Victoria Inc. Formerly Family Services Case Manager and Group Facilitator, plus Bushfire Case Manager.

QUALIFICATIONS: Masters in Clinical Audiology, Bachelor of Science, Cert IV in Counselling, Occupational Health & Safety.

SPECIALTIES: Grief and Loss, Parenting, Fitness, Environmental Issues, Animal Welfare.

INTERESTS: Men's Health, Ocean Swimming, Photography, Classical Music, Reading Fiction.

FAMILY: Recently married 'DINKY'



PETER QUINN

Pit Stop Facilitator and Personal Coach

VOCATION: Fire Fighter - Station Officer

QUALIFICATIONS: Diploma in Business Management;

Cert IV Workplace Trainer and Assessor; Cert IV Fitness Trainer.

SPECIALTIES: Mentoring, Fitness, Health and Wellbeing.

INTERESTS: My family will always come first; I get a kick out of watching my children achieve and interact. Most things in Health and Fitness.

FAMILY: Married 15 years; 5 daughters aged 2 - 14.



STAN KOROSI Counselling, Facilitation and Training.

VOCATION: Counsellor and Presenter. Director and Principal of *Dialogue-in-Growth-Mens' Action in Open Thinking*. Former Naval Officer, Engineer and I.T director.

QUALIFICATIONS: Counselling, psychotherapy, engineering, management and leadership.

SPECIALTIES: The human condition, destiny, men's spiritual development, masculinist philosophy and the mans' journey, parenting, step-parenting, relationships.

INTERESTS: Reading, music, The Tardis, science fiction, outdoors, creative expression and spiritual development.

FAMILY: Repartnered. Step-son (18), Daughter (14)

