

1:1 COACHING WITH THE COACHING GROUP

Intentional Fatherhood at Home

Balancing high-performance careers with presence at home requires intention. Discover tools for meaningful connection.

WHY THIS MATTERS

Presence Doesn't Happen by Accident

High-performing careers reward exactly the habits that work against presence at home, urgency, constant availability, always moving forward. Nothing about that pace naturally leaves room for connection.

Most dads in demanding careers don't lack love for their families. They lack a structure that protects presence the same way their calendar protects a client meeting.

This isn't about slowing your career down. It's about building the intention and structure that let you show up fully in both places, without pretending one doesn't affect the other.

THE CORE IDEA

Presence isn't something you find when things calm down. It's something you build on purpose, in the middle of a demanding career, not after it.

HOW IT WORKS

A Partner in Building Presence

Coaching here isn't generic parenting advice. It's a structured partnership built around your actual career, your actual family, and the gap between them.

THE SHIFT

1. We get honest about where presence is actually breaking down, and why, given the real demands of your career.
2. We build specific, sustainable practices that fit your life, not a generic routine that ignores it.
3. We track what's working and adjust, so the change holds even when work gets more demanding.

You don't need to choose between ambition and presence. You need a deliberate way to hold both.

IS THIS YOU

Built for Dads Under Real Pressure

This works best for dads who are succeeding at work and know something at home isn't getting the attention it deserves.

The Traveling Executive

Your schedule makes consistency hard, and you need a way to stay connected across distance and time zones.

The Always-On Founder

Work never really turns off, and you need real boundaries, not just good intentions.

The Present but Distracted Dad

You're physically home, but rarely mentally there, and you're ready to change that.

COMMON QUESTIONS

Before You Start

A few things dads usually want to know before they begin.

"Will this ask me to work less?"

No. This is about protecting specific moments of presence, not restructuring your ambition.

"What if my schedule is genuinely unpredictable?"

The plan gets built around your real schedule, not an idealized one that doesn't survive contact with your job.

"How is this different from generic parenting advice?"

This is coaching, not content. It's built around your specific career, your specific family, and the specific gap between them.

THE DETAILS

What's Included

Everything here is built to hold up under the real pressure of a demanding career, not to fall apart the first busy week.

STRUCTURED 1:1 SESSIONS

Coaching built around the real tension between your career and your presence at home.

BETWEEN-SESSION SUPPORT

Accountability between sessions, so the shift holds even under real-world pressure.

BEFORE YOU BEGIN

Get Clear Before We Talk

Take a minute before your discovery call to get clear on why you're here.

WHERE PRESENCE IS SLIPPING RIGHT NOW

WHAT CHANGING THIS WOULD MEAN FOR MY FAMILY

NOTES

Build Presence On Purpose

Intentional Fatherhood at Home is built for dads who refuse to choose between a demanding career and a present home. If you're ready to start, let's talk.

[Book Your Discovery Call →](#)

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