

THE BUSY DAD'S STRATEGY GUIDE



5 Proven Strategies For Having
Better Connection With Your Family

BEN KILLOY - THE DAD COACH | BENKILLOY.COM



1

Give Them The Keys to Fun

Dads often struggle with ideas and ways to connect with their kids. It's not up to you to have all the ideas at work, so it shouldn't be at home. Give your kids the keys to the bus and let them decide where to go.



2

Kids Spell LOVE - T.I.M.E.

We often get this backward, we think it's *things*, but it's really your *time* they value. Next time you've got 10 minutes to try this: "Hey, Dad has 10 minutes, what would you like to do?"



3

Bedtime Talk

Bedtime is often the most trying time for Dads. Let bedtime be a time where you sit down and review the good and the bad of the day. Practice being there for the small things, and later they will come to you with the big things.



4

Let's Go On an Adventure

Kids are wired for adventure. It helps them find out what they love. Adventure can be anything that helps the kids discover how they fit into this big idea called life. Adding an element of adventure elevates almost any activity.



5

Always Kiss Your Partner First

Our commitment to our partner will outlast all other commitments, it will outlast our job, raising our kids, our extended family. Let them always be the first one you kiss when you come home.



*"Any man can be a father but it takes
a special person to be a Dad"*

IT'S TIME TO COME HOME

If you are ready to grow, text the word "Dad" to +1 815-262-9662

I went through what most transitioning veterans go through, the feeling of needing to redefine their identity outside the structure of the military and rediscovering my passion and purpose for life.

A seminar changed it all for me and allowed me to discover my passion for leadership and helping other veterans and Dads be the best parents they can. Since that seminar, I have been on a mission to master leadership principles and use my passion for leadership to help dads understand who they are, develop their skills to overcome adversity, and to own their life choices to enable them to truly come home to their families.

My coaching combines my own insights into my unique experiences with the military and fatherhood, along with interviews and discussions with other thought-leaders from around the world.

Sharing both my successes and failures brings a more heart-centered approach to my coaching, enabling a deeper connection to my clients.

I help high-performing men with thriving business lives and out of balance family lives get excited about pulling into their driveway at home again.

Ben Killoy - The Dad Coach



> Join our
Facebook Group

