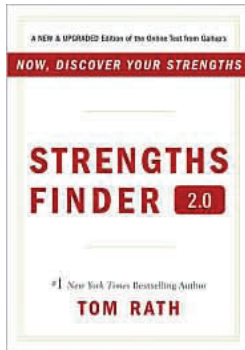


**StepUP begins** by helping you discover your strengths. That's right. Your **STRENGTHS**, not your weaknesses. In 1998, the Father of Strengths Psychology, Donald O. Clifton, Ph.D. (1924-2003), along with Tom Rath and a team of scientists at The Gallup Organization, created the online StrengthsFinder assessment. In 2007, building on the initial assessment and language from StrengthsFinder 1.0, Rath and Gallup scientists released "StrengthsFinder 2.0." Rooted in more than 40 years of research, this assessment has helped millions discover and develop their natural talents. Now you can not only discover your strengths, but begin using them to provide for your family!



### FIRST STEPS...

- Step 1. Finding Your Strengths
- Step 2. Building on Your Strengths
- Step 3. Presenting Your Strengths
- Step 4. Developing Your Strengths

We believe that job skills are only part of what keeps you employed. Many jobs are lost because of home problems, lack of money management or missing relationship skills. Job performance can drop suddenly or over a period of time. Then an entire family goes without their basic needs.

### RELATIONSHIP SKILLS

- Step 1. Listening
- Step 2. Speaking
- Step 3. Influencing
- Step 4. Disagreeing

## **CFF** Encouraging and Equipping Active, Involved Fathers

Center for Fathers & Families

*Mothers and children have lots of resources at their disposal. You can get anyone to give to the needs of a child. It is not as easy to get people to recognize the needs of fathers.*

*No child deserves to experience the pain of not knowing who his father is or when she might see him again.*

*Dads who work at improving their ability to understand, provide, and care for their families need tools for accomplishing these vital tasks.*

*Center for Fathers and Families of Arkansas was organized in 2005 to equip fathers to be responsible family leaders. Thousands of men have been trained to be better fathers through WatchD.O.G.S., Love and Logic Parenting Classes, Boot Camp for New Dads, Financial Peace University Classes, StepUP, and b a DAD events.*

CFF is located at 4100 Linwood Dr., Paragould, AR  
 Call to schedule: (870) 236-1DAD (1323)  
 or Toll Free: (866) 933-3237  
 Website: [www.centerforfathers.org](http://www.centerforfathers.org).

*We want to partner with you to improve your skills. You can StepUP — but you must take the first step.*

# Experience



## StepUP LifeSkills

*StepUP LifeSkills will provide you the tools to be a better person at home, on the job, and in the community.*

*CFF believes every child deserves access to an active, involved, loving father. StepUP helps make this dream a reality*

# Continue to StepUP

## Other Potential Challenges Require:

### **MONEY MANAGEMENT SKILLS**

- Step 1. Getting Money
- Step 2. Keeping Money
- Step 3. Using Money
- Step 4. Planning Ahead

### **ANGER-MANAGEMENT SKILLS**

- Step 1. Problems and Myths
- Step 2. Triggers and Signs
- Step 3. Relaxation and Control
- Step 4. Don't Go There
- Step 5. Assertive Instead of Aggressive

## Bringing Skills Home:

### **HOME SKILLS**

- Step 1. Your Needs/Their Needs
- Step 2. Managing a Household
- Step 3. Who's Responsible?
- Step 4. Consequences for Everything

### **PARENTING SKILLS**

- Step 1. Neutralizing Arguing
- Step 2. Teach Kids to Listen..the first time
- Step 3. Avoiding Power Struggles
- Step 4. Setting Limits
- Step 5. Beating Frustration

### **CO-PARENTING SKILLS (After Divorce)**

- Step 1. Expectations Can Stress You Out
- Step 2. Who's the Dad/Who's the Mom
- Step 3. Strengthening Your Relationships
- Step 4. Working Out the Details



## Choices YOU Make in StepUP

You choose **where** to begin—with your most pressing need—and then you continue to choose how to work toward other skills on your own time schedule.

You choose **when** to begin and schedule your own appointments to meet your work and family schedule.

You choose **who** to include; other family members are welcome to join you for any session at no extra cost.

**Court Ordered?** Just because it is required doesn't mean it has to be boring. StepUP can be adjusted to fit your needs. Sessions begin with general information and move to specific applications to your particular situation. The skill-sets are designed to meet the needs we have witnessed over several years of experience. Our experience can become your experience!

## Benefits of StepUP

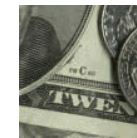
In addition to a better life personally, taking any of these skill-sets will bring more harmony to your home.

## Clothing Support

One set of interview clothing will be earned by successfully completing the Strengths Skills; those completing any four skill-sets of sessions will receive two more sets of clothing in keeping with the type of job acquired.

## Investing in StepUP

Sessions are available by appointment for \$15 each.



This level of training would cost hundreds of dollars in any other setting— Call to get started today!