


Career to Cribside: Intergrating Fatherhood with Professional Growth



ELEMENT-TREE
EMPOWERING PARENTS. ELEVATING PERFORMANCE

Transferable Skills (examples)		Your action plan:
<p><u>Professional Skills</u></p> <p>Strategic Planning Effective Communication Stress Management Time Management Leadership Problem-Solving Project Management Empathy Decision Making Negotiation</p> <p>3 skills personal to you:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><u>Parenting Skills</u></p> <p>Conflict resolution Adaptability Emotional Intelligence Multitasking Teaching Resilience Creativity Teamwork Prioritization Crisis Management</p> <p>3 skills personal to you:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>1. Focus area:</p> <p>_____</p> <p>_____</p> <p>2. Actions: (Specific & Realistic)</p> <p>_____</p> <p>_____</p> <p>3. Timeline and goals: (What does success look like?)</p> <p>_____</p> <p>_____</p> <p>4. Involve Partner: (Align and agree unified approach)</p> <p>_____</p> <p>_____</p> <p>5. Commit to Immediate action:</p> <p>_____</p> <p>_____</p>
<p>_____</p> <p>_____</p> <p>_____</p>		<p> www.element-tree.com Dr.Watson@element-tree.com</p>