

Position Description: Facilitator, Dadfit

About Dadfit

[Dadfit](#) is a Melbourne-based charity and social enterprise supporting dads to enable healthy, safe and gender equal families.

Founded in 2023 by CEO [Ryan Carters](#), Dadfit delivers programs connecting and supporting dads in communities, workplaces and sporting organisations.

Too many dads are struggling with mental and physical health, social isolation, parenting and relationships. Traditional parent groups and support services are mostly attended by women, and fail to engage most dads. When dads struggle, entire families suffer.

Dadfit's mission is to demonstrate and scale up our innovative, community-led model for supporting dads, creating a step change in family health and gender equality.

Backed by philanthropy, government, and employers, Dadfit's free community programs combine group exercise, facilitated discussions, and weekly challenges. We also deliver workplace programs and family events.

In less than two years, we've already supported hundreds of dads with lasting impacts - including in diverse and disadvantaged communities - and we're growing rapidly.

We're excited to grow our team to power the next phase of Dadfit's mission to support over 10,000 dads and families by 2028.

Dadfit Facilitator

Reporting to CEO Ryan Carters, Dadfit Facilitators lead the delivery of our five-week Dadfit community program to groups of 12-20 dads, combining weekly group exercise ('Dad Workouts'), facilitated discussions about fatherhood ('Dad Chats'), and weekly challenges ('Dad Challenges').

The Dadfit program has been delivered to over 400 dads in the past two years with outstanding feedback. We're looking for passionate dads with the right attributes to join our growing team of facilitators delivering programs across Melbourne.

Qualities we're looking for:

- **You're passionate about Dadfit's mission.** You want to contribute to a future where every dad is supported to be at his best and families are safe, healthy and gender-equal.

- **You're great with people.** You easily build trust and rapport with individuals and groups with diverse life experiences. You ask great questions and are a good listener. You have thrived in previous people-focused roles.
- **You enjoy sharing personal stories and leading group discussion.** You'll lead group discussions with 12-20 dads, including sharing personal anecdote and guiding the group through weekly topics.
- **You like to exercise.** You'll lead group workouts with exercises designed by qualified fitness instructors. You'll receive training and support to lead safe and effective sessions.
- **You're self-reflective.** You're comfortable learning new skills and concepts, reflecting on your practice, and refining your skills over time.
- **You're organised and work well in teams.** Our Facilitators work closely with the Dadfit CEO / Program Manager and other Facilitators in the Dadfit team.

Required time commitment:

- Facilitators deliver the five-week Dadfit program to fathers across Melbourne. Each Dadfit program includes 5 weekly two-hour sessions.
- This is a casual / part-time role, delivering programs on weeknights. Most Dadfit facilitators have a separate day job.
- The minimum time commitment is one five-week program per quarter, with potential to lead two or more per quarter if suitable.
- We ask that you're available for ~10 hours of paid training and a five-week co-facilitated Dadfit program prior to leading your first Dadfit group.
- Facilitators are remunerated based on number of programs delivered.

Facilitator ideal skills and qualifications:

- You're a dad who is passionate about connecting and supporting dads.
- Experience in relevant community-focused roles e.g. in education, health, sport, social services, or other contexts.
- A leadership style that can create a fun, energetic, supportive, reflective, and inclusive group experience.
- An understanding of working with diverse communities.

We value diversity and welcome applications from dads of all cultural backgrounds.

If you're interested to learn more, please email our CEO Ryan Carters (details below) and we'll be in touch to discuss next steps.

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