

PRESS & MEDIA KIT

Boy / Man / Father — Press & Media Kit

A guided journey for men, built around the book Boy by Fredi Nwaka.

FOUNDER

Fredi Nwaka

Founder, author and mentor

Fredi Nwaka is an author, filmmaker and mentor whose work sits at the intersection of identity, faith and fatherhood. His memoir *Boy — When you find the boy, you will discover the man* — is the foundation of the Boy / Man / Father platform.

After two decades creating culture-shaping work and mentoring young men, Fredi built Boy / Man / Father as a private, guided space for men to do the inner work he has spent his life pointing to: returning to the boy, becoming the man, and standing as the father.

He is also behind the Power Awards, celebrating the men and women shaping culture for good.

ABOUT THE APP

Boy / Man / Father is a 28-day guided journey through three stages of a man's life — Boy, Man and Father — supported by daily lessons, reflective practices, goal-setting tools and a private journal. It is designed to be used daily, in under fifteen minutes.

Features

Journey

A 28-day path through Boy, Man and Father — one lesson at a time.

Goals

Score the Wheel of Life and set goals where it matters most.

Tracker

Daily check-ins for energy, mood, sleep and the habits that move you forward.

Mindset

Short focused practices to rewire how you think and respond.

Journal

A private space to write, reflect and notice — only you can read it.

Boy — the course

The deeper course that anchors the journey, drawn from the memoir.

Podcast

Conversations with men doing the work, for the days you need a push.

Power Awards

Stories of the men and women shaping the culture and the standard.

QUICK FACTS

- 28-day guided journey across three stages: Boy, Man, Father
 - Built on the memoir *Boy* by Fredi Nwaka
 - Daily lessons, reflections, goals tracker and private journal
 - Companion podcast and Power Awards video library
 - Designed for under 15 minutes a day
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PRESS CONTACT

Web: <https://boymanfather.com>

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