

Sophia Media Launches MY FIRST YEAR AS A FATHER, a Groundbreaking Podcast Exploring Modern Fatherhood

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/EINPresswire.com/ -- What makes a good father? How does fatherhood transform a man's understanding of himself and his purpose?

“

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Joyce Sophia Xu, Show Creator, Exec. Producer and Co-host

[Sophia Media](#) introduces [MY FIRST YEAR AS A FATHER](#), a unique podcast series providing a dedicated space for candid conversations about fatherhood, manhood, and the profound personal growth that comes with raising a child.

Rather than dwelling on the father wound or toxic masculinity, the podcast focuses on fathers whose parenting journeys have led them to greater love and connection, while reflecting on what they inherited, what they want to pass on, and the kind of father they aspire to

be.

“We wanted to create a space where fathers could speak with a level of honesty and vulnerability we rarely hear,” said Sophia Media founder [Joyce Sophia Xu](#) (who hosts as Sophia). “We go deep on the show to understand who these men are—their formative years, their fears, their lessons, and how loving their children fundamentally transformed them.”

Season One brings together fathers from diverse backgrounds for tender and insightful conversations about parenting, relationships, responsibility, challenges, and redemption. The guests reflect on their own childhoods, the societal pressures of manhood, and how fatherhood reshaped their understanding of presence and love.

The production and creative team for MY FIRST YEAR AS A FATHER includes Joyce Sophia Xu as executive producer and cohost, Gabby Watts as senior producer and cohost, A.C. Valdez as cohost, Shareen Anderson as creative director, and Nana Simopoulos as composer.

The show is part of Sophia Media's broader MY FIRST YEAR series, which explores defining

periods of human transformation. Other installments focus on becoming mothers, starting college, immigrating to America, and bonding with dogs—all serving Sophia Media's core mission: ENHANCING HUMAN CONNECTIONS ONE EPISODE AT A TIME.

The series is available now on SophiaMedia.Co, all major podcast platforms, and YouTube.

About Sophia Media

Sophia Media is a Rhode Island-based independent media company founded by Joyce Sophia Xu, a former Big Law partner and derivatives lawyer who left New York City during the pandemic and ultimately built both her own law practice and media company. Sophia Media creates intimate, human-centered programming built around authentic conversation, emotional honesty and the complexity of lived experience.

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Available on [SophiaMedia.co/my-first-year-as-a-father](https://www.sophiamedia.co/my-first-year-as-a-father), Apple Podcasts, Spotify, Amazon Music, iHeartRadio and YouTube.

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