

The Family Letter

A service of Banther Family Advisors

"Helping families work together in business and live together in harmony."

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Back to the Beginning....

by Barry Banther, Senior Family Advisor

Do you remember when your first-born child began to crawl? I know for some of you that was decades ago but for others it might have been just yesterday! I remember getting down on all fours and "baby proofing" our living room so my oldest son would be safe.

But as time passes we tend to be less careful. Do you remember your first week on the job? You wanted to get your workspace set up just right. Make sure your e-mail worked and your voice mail message was on target. But if we are not careful, over time we can forget and fail to see ourselves and our work from "others" perspective.

The same can be said for our relationships with family. We all can get complacent with our family relationships. Time passes quickly and what worked in our relationships at the beginning of a marriage or even just a year ago may not be appropriate now. Is it easy for your family to get through to you? Do you send a clear message to your family, "my family is welcome in my life"! What do your family relationships look like from the outside...are they supportive? Are they encouraging? Do you let them know that each family member is an important part of who you are?

If there was ever a "rule" to successful family relationships it is to treat others as we want to be treated. Use that standard to take stock of how you are doing in your family. Do you respond to your family the way you would like? Is your tone of voice to your wife, child, sibling or parent the same sound you like to hear? But most of all, does your family know how much you value them?

My son is all grown up and looks after himself without any help from me but he is a reminder to me that we all continue to grow, change and mature. But every now and then it's helpful to go back to the beginning...and take stock of ourselves.

Are you Communicating Too Much?

by Ruth Banther, Family Services Manager

My husband, David, as many of you may know, loves technology. He would be perfectly content to spend the rest of his life on his computer, his new iPad, his iPhone and the other gizmos and gadgets he's managed to accumulate to help him "communicate" and function in general.

The other night we were sitting together in the living room, David was in his favorite lazy boy, computer on his lap, answering emails in between watching the latest u-Tube clip; on TV a Fox News Commentator heatedly explained the latest government crisis and if this wasn't enough his phone rang and in the midst of all of the "communication" already in motion he proceeded to carry on a conversation with a friend. I'm sitting there and I wonder how does he do it? Doesn't he just get tired of all of the information that is constantly streaming at him? Doesn't he get tired of having to respond?

Sometimes family can seem like this. Sometimes there are so many needs, so many wants, so many things that need to be fixed, addressed, solved, communicated, shared – even enjoyed. But it can all get overwhelming and seem like sensory overload.

It's ok to step back and take some time for you. Yes, family is important and your relationships with them are crucial to your wellbeing, but they don't have to be your whole—or constant—focus. It's appropriate to step back, shut out the "communication" and take some time to focus on you.

How can you take some time this week to get perspective on how you are doing? A manicure/pedicure pops into my mind! It is so easy to get caught up in "communicating" that we often forget what it is we are trying to get across. It doesn't take much to reassess. You may discover that by taking a few moments, a few hours or even a

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Barry Banther is a sought after family advisor, business consultant, and inspirational speaker. This body of work has earned him the highest accreditation from the Institute of Management Consultants as a Certified Management Consultant and from the National Speakers Association as a Certified Speaking Professional. He is one of less than 50 professionals worldwide to hold both designations.

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day to stop and reflect you will emerge with a better sense of what your goals are for yourself and your family. Take some time for you today—your family will thank you!

Recommended Resource

Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out (Carlson, Richard & Bailey, Joseph; HarperOne, paperback, November 10, 2009, 240pp)

“This is the book for you if you’ve ever had the urge to tell off your boss, quit your job, hurl your Palm Pilot into the trash, and move to a farm. Written by bestselling stress consultant and psychotherapist Dr. Richard Carlson **Don’t Sweat the Small Stuff**, it advocates the cultivation of a personal mindfulness and “thought navigation” to foster a sense of mental calmness and increased creativity and productivity.” To get your copy today, call or email Ruth at: 727-946-6848 or ruth@barrybanther.com.

For additional information on The Family Letter or Banther Family Advisors, please contact Ruth Banther: ruth@barrybanther.com or by calling: 727-946-6848.

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Ruth Banther
Family Services Manager:

A graduate of Hillsdale College, Ruth has experience in both the public and private sector; she has worked for several families who balanced prominent leadership roles with the demands of young families. As Family Services Manager she provides resource and communication support to our client families.

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