

JANUARY 28 2022

The Family Corner Newsletter



JANUARY IS A MONTH OF PLANNING

January is a month where you should plan your family goals, family budgets, family reunions and family vacations. Planning everything in January helps you tremendously in getting you to clarify what you want out of the upcoming year.

This will help you to measure your performance and progress as a family. The truth is, if you just go on about your daily activities and hope you'll one day end up where you want to be, it won't happen.

Most people get caught up in their own functional near-sightedness. At best, this stifles momentum, creativity and growth. At worst, it can mean insolvency.

So what do you do?

We recommend putting aside time in January for planning purposes. It's the beginning of the year and a good time to take stock, and track yourself against your annual forecasts.

There's also something 'fresh' about January – and after the Christmas break you will hopefully be feeling rested, with some clear head space.

VOLUME 01

Newsletter Highlights

January is a month of planning

A message from the Centre's Founder and CEO

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A MESSAGE FROM THE FOUNDER AND CEO

Dr Rose Zunga

Compliments of the New Season! New Year New Opportunities to Develop our Families!

A family is an organisation and it should be well structured and well-run for maximum output. Families have been taken for granted for years and its high time we pay attention to the development or the building of family structures, family culture, family legacy and ultimately intergenerational wealth.

Companies put lots of effort in driving growth and equal amount of effort should be channeled towards family growth. If we create a wave of family development we'll impact humanity greatly. A lot of social ills will be eliminated from society because the key fundamental structure being family will have taken its rightful place.

As the year begins lets take advantage of this time and start the family development journey. We've got to be intentional in putting the building blocks together. Someone needs to champion the process and drive the developmental milestones.

Family Development has become critical especially now as we fight Covid-19 pandemic which has put so much strain on family wellness and mental health. The impact of lockdown measures that were implemented in the past 2 years have strained relationships and have exposed the gaps that exists in our family structures that need to be closed.

If we trace history, history is repeating itself. Families were greatly affected during World War 1 and World War 2 and now Covid-19 is the biological World War 3 which has affected families and we need to start a movement where we rebuild family structures to be strong enough to stand the test of times. Unity, love and appreciation need to be promoted more and more in families. Families need to live in love and harmony. These traits when they are fully developed and experienced at a family level we'll have spill-over effect into communities and the country at large.

Where do you start?

The question that you could be sitting with right now is where do I start? Start with developing the vision for the family? What is your family vision? Where is your family going? Gather your family together and draft your vision. Write it down and start living it.

All the best with Year 2022!



***The love of family
is life's greatest
blessing.***



So often we get caught up in the hustle and bustle of life, we end up neglecting family time.

It's time we balance our work life and family life.

NEW PRODUCT ALERT!

The Centre designed a 2022 Family Diary to help families stay on track so that they can achieve the best possible results and reach their family goals.

Using the diary will help you as an individual, couple or family to schedule your family events and align them to your work or business events.

So often we get caught up in the hustle and bustle of life, we end up neglecting family time. It's time we balance our work life and family life.

The family diary has journal prompts and task lists that will help you to spend more time with your family and take care of yourself without affecting your productivity.

Send an email to info@familydevelopment.co.za to order your copy.

ESTABLISHING NEW FAMILY GOALS

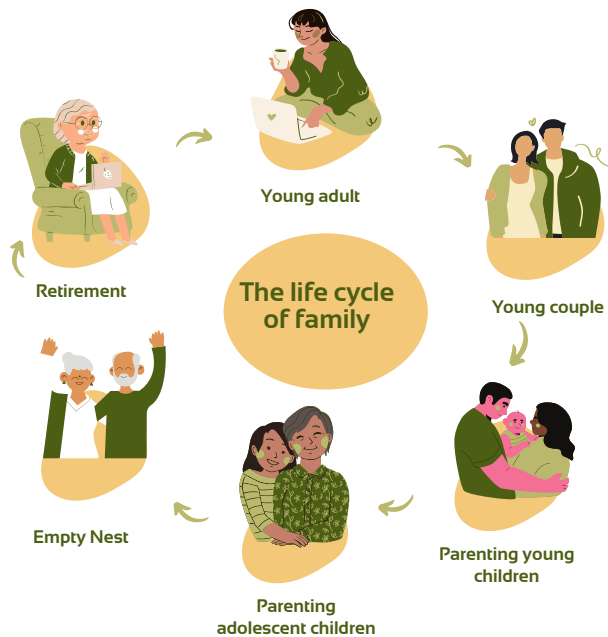
It's the start of a new year, which means it's a fresh opportunity to focus on strategies to keep your family's bond strong and your memories unforgettable.

If you're aiming to break your same old routine and move past the status quo when it comes to family time, setting goals together is a great way to ensure this can happen.

Family goals focus on achieving accomplishments agreed upon by the family. The family individuals need to work as a team to collectively identify and establish goals for the family unit.

Your family goals should be balanced and should cover the seven areas of human development as shown below:

- Spiritual
- Financial
- Education and Self development
- Wellness, Health and Sport
- Social, Community and Relationships
- Career and Business
- Travel



It's important to take note of the fact that not everyone passes through these stages smoothly. That's why it's important for us to be intentional with our family developmental journey.

Situations such as severe illness, financial problems, or the death of a loved one can have an effect on how well you pass through the stages. Fortunately, if you miss skills in one stage, you can learn them in later stages.

UNDERSTANDING THE FAMILY CYCLE

Overtime, a family passes through the emotional and intellectual stages known as the family life cycle. These stages in family development include the periods of a single young adult, a newly married couple, a family with young children, a family with adolescents, a couple in empty nest, and a family in retirement.

In each stage, there are challenges in your family life that allow you to build or gain new skills. And gaining these skills helps your family to work through the changes that nearly every family goes through.

The cycle emphasizes the effects of marriage, births, and deaths on families, as well as changes in income, expenses, and assets.



Why it's important to understand the Family Cycle?

Mastering the skills and milestones of each family stage allows you to successfully move from one stage of development to the next.

If you don't master the skills, you may still move on to the next phase of the cycle, but you are more likely to have difficulty with relationships and future transitions.

Whether you are a parent or child, brother or sister, bonded by blood or love, your experiences through the family life cycle will affect who you are and who you become.

At the Centre, you can get guidance on how your family can fully develop in their current stage and to how they can successfully move on to the next stage of the cycle.

Send an email to info@familydevelopment.co.za for more info.



THINGS A FAMILY SHOULD FOCUS ON IN JANUARY:

- Develop a family vision
- Lay out goals for the year
- Start new family routines, traditions and rituals
- Enhance family culture and environment
- Set regular family meeting times and progress review sessions
- Plan family vacations

HOW TO ENHANCE THE FAMILY ENVIRONMENT

- Communication - Talk about it all
- Show love and appreciation
- Respect each other
- Cooperate and make important decisions together
- Spend quality time together
- Create family routines and rituals
- Emphasize your family values



TIPS ON HOME IMPROVEMENTS

- Declutter - Donate or store away the things you are not using.
- Reorganize your furniture
- Put some plants across the house
- Introduce some room scents in your house
- Mix and match colours and patterns

WHAT TO EXPECT FROM THE CENTRE IN 2022:

Be on the look out for the following programmes from the Centre:

- 1.The Journaling Therapy Programme
- 2.The Ultimate Family Vision Blueprint
- 3.The Boys and Girls Bootcamp
- 4.The Family Enrichment Programme
- 5.The Dancing Experience
- 6.Family Entrepreneurship

Books you can purchase from the Centre:

- 1.The Family Development Book
- 2.The Self Love Book
- 3.The Family Diary 2022
- 4.The Family Travel Expert



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