

THE FAMILY CORNER NEWSLETTER

Newsletter Highlights

January is a month of
planning

Family goal setting

Establishing a family
vision

January checklist and
time management tips

JANUARY IS A MONTH OF PLANNING

Planning everything in January helps you tremendously in getting you to clarify what you want out of the upcoming year.

January is a month where you should plan your family goals, family budgets, family reunions and family vacations.

This will help you to measure your performance and progress as a family.

The start of a new year is a natural time to reflect on the past and set goals for the future.

Many people use January as an opportunity to make resolutions or set new personal or professional goals. Additionally, businesses and organizations often use January to plan for the upcoming year, including budgeting, forecasting, and setting goals for growth and development.

January can also be a time for families to plan for the year ahead, including setting financial goals, planning family vacations and activities, and discussing any major life changes.

Overall, January is often seen as a time for new beginnings and a fresh start, making it a prime time for planning.

The family life cycle

Introducing the school
of family

Family Eden Experiences

What to expect from the
Centre in 2023

Upcoming and current
programmes

www.familydevelopment.co.za

FAMILY GOAL SETTING

Dr Rose Zunga

Another year has been granted to us. We must not sit and allow the year to waste away without proper planning. An important component of family planning is setting up a family vision which will be supported by family goals.

Establishing family goals is so essential to the growth and progress of the family. Every family member will have a sense of direction and it creates a sense of belonging which bring security and unity in the family. If you have not taken time out to discuss your family goals, I would like to encourage you to do so, it's never too late.

Set-up your family goals in these eight areas of life which aligns to the eight areas of human development.

1. Spiritual goals
2. Social goals
3. Educational and self development goals
4. Financial goals
5. Career and Business goals
6. Health and Wellness goals
7. Investment goals
8. Travel goals

You should develop the goals in such a way that they give long-term milestones and short term milestones.

Remember to make them SMART goals

S - Specific
M - Measurable
A - Achievable
R - Relevant
T - Time-bound

Use the first quarter of the year to set up your family goals. If you have already done this, measure your progress and review your goals and if need be adjust them.

All the best with your goal-setting!



Rose Zunga

ESTABLISHING A FAMILY VISION

"Where there is no vision, the people perish."—Proverbs 29:18a (KJV)

For us to live this life well, we need to have a vision and follow it. Having a vision is a necessary ingredient for good leadership, otherwise, we don't have a good game plan and are likely to go nowhere or worse—end up where we never wanted to go.

As Pastor Craig Groeschel once said; ***"Everyone will end up somewhere in life, but few end up there on purpose."***

This is true of our families as well! Every Family will end up somewhere, but few will end up somewhere...ON PURPOSE. Putting Proverbs 29:18 into the family context we could say,

"Where there is no Family Vision...the Family will perish."

Vision means knowing who you are, where you're going, and what will guide your journey. It means having clear values that guide you and knowing what it looks like when you are living them. When someone is off-base, your vision can be used to hold each other accountable (both children and parents) and to get back on track.

Companies and organizations need to have a vision to establish their work and be successful and so do families. The family is where the next generation is raised and handed the baton to carry on our legacy.

This habit encourages us to live by design, not default, by intentionally visioning our future desires.

This isn't really new information and you do this all the time. Think about it. Before you graduated from college, you decided what field you wanted to study. Mentally 'saw' yourself doing that job. That motivated you to take the right steps to get your degree. And before you bought your last car, you thought about what you wanted, did some research online, imagined what it'd be like and started talking to the bank before that new ride rolled up in your driveway.

Whatever your family's personal priorities, seeing them written down is an excellent way to gain focus and keep on track as a group.

The actual process of coming up with an official family vision statement can sometimes seem overwhelming. It can also be the most beneficial part of the whole experience. A family mission statement won't guarantee a smooth path on the way to your desired destination, but you'll have a sense of 'True North' when times get turbulent.

At Centre for Family Development, we offer a family vision blueprint program for families who want help in creating a family vision, and addressing areas, that can set a family off course.

Click [here](#) for more info

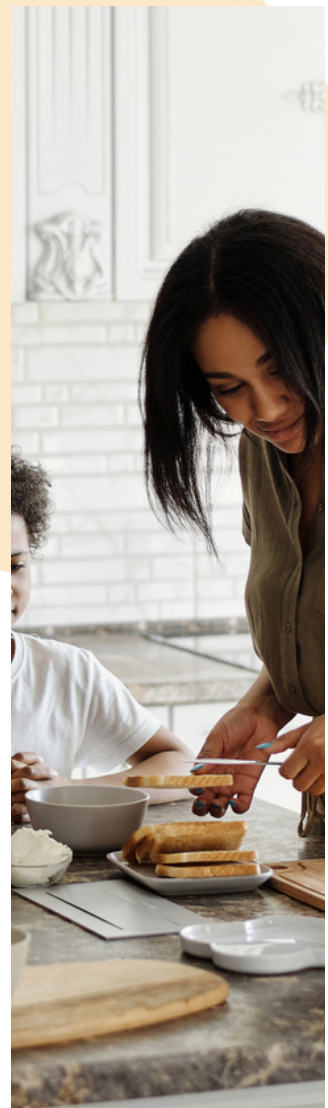


JANUARY CHECKLIST:

- Set New Year's resolutions and goals
- Set a budget and financial plan
- Organize and declutter
- Plan for vacations and family trips
- Focus on health and wellness
- Review and update important documents
- Reflect on the family dynamic

TIME MANAGEMENT TIPS FOR THE YEAR

- **Set priorities:** Determine what is most important to your family and make sure those things are given priority in your schedule.
- **Create a schedule:** Make a schedule that includes regular family time, such as meals, game nights, or outings.
- **Use a shared calendar:** Use a shared calendar that everyone in the family can access to keep track of appointments, events, and other commitments.
- **Learn to say no:** It's important to learn to say no to commitments that do not align with your family's priorities.
- **Make time for individual pursuits:** Encourage each family member to pursue their own interests, and schedule time for them to do so.
- **Be flexible:** Be open to making changes to your schedule when unexpected things come up, as long as it does not compromise your family's priorities.
- **Take advantage of free time:** When you have free time, use it to spend quality time with your family doing activities that everyone enjoys.
- **Plan family meetings:** Schedule regular family meetings to discuss upcoming events, assign tasks and check in on each other.
- **Learn to delegate:** Assign tasks and responsibilities to family members to help manage your time more efficiently.
- **Be mindful of technology:** Be mindful of how much time your family spends on technology, and make sure to schedule regular breaks from screens.





THE FAMILY LIFE CYCLE

Young adult

Young couple

Parenting young children

Parenting adolescent children

Empty Nest

Retirement

The emotional and intellectual stages you pass through from childhood to your retirement years as a member of a family are called the family life cycle. Mastering the skills and milestones of each 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. The more you understand about the challenges of each stage of the cycle, the more likely you are to successfully move on.

Predictable life cycle transitions include:

- Leaving home and accepting financial and emotional responsibility for self.
- Joining families through marriage or union and therefore a commitment to a new family system.
- Having children and accepting new family members into the existing system.
- Children becoming teenagers and families increasing their flexibility to allow growth and independence.
- Launching teens into young adulthood and moving into midlife, requiring the navigation of multiple exits and entries into the family system.
- Families in later life accepting the shifting generational roles.
- Families nearing the end of life and accepting the completion of one cycle of life.

1. Leaving home as a young adult involves reflecting on how to become responsible for yourself with decision making, problem-solving, finding financial stability, as well as strengthening your emotional self. And then balancing this with conversations about values, hopes, dreams, and aspirations. This life cycle stage often brings a shift in family relationships – staying connected to your family whilst establishing yourself as an individual in the world. This might also require you to establish yourself in your expanding communities of work and the larger society.

Individuals in this life cycle stage might benefit from these questions:

- What skills and strengths do I have that will help me navigate this stage of life?
- What skills am I lacking that I really need?
- Who can I approach to help me learn these skills? What other resources can I access?
- How do I manage emotions?

THE FAMILY LIFE CYCLE (continued)

2. Finding love and committing to each other as a young couple

Not only does the couple create their own uniqueness in relation to intimacy, communication, boundaries around their relationship and with each other, financial considerations, everyday chores, and having fun.....each of their respective networks (friends, family, and community) also have to realign and adapt to accommodate the new partner.

Couples in this life stage would benefit from open communication, learning how to problem-solve together, and fostering curiosity about their partner's connections and relationships with others.

3. When you move from being a couple to becoming a growing family, there are many changes that take place to accommodate to this changed context.

First is the need to "make space" for another relationship in the family home. The couple's relationship will be different once the baby arrives, and each parent will need to create their own unique relationship with their child. Talk this through and acknowledge that this is an inevitable part of the process.

Second, conversations regarding finances, roles, and housekeeping are all back up for discussion and negotiation. Plan ahead and generate ideas on how to share the load.

Third, spend time talking about your hopes for being a parent and what your role models have taught you about caring for children.

Fourth, appreciate that having a baby impacts your extended family networks and your community. These relationships will also change once the baby arrives, and new family structures and relationships will emerge.

4. Parenting adolescent children is a tricky life cycle stage. They are old enough to think they know better, and still young enough to need your support and encouragement. Moreover, the changes to the teenage brain mean that emotions run high and logical thinking goes out the window. These neurobiological changes are normal but often challenging to accept as a parent.

During this time families need to strike a balance between keeping connected as a family unit, whilst allowing the teenager to move "in and out" of the family system. This is also a time for the couple to think ahead to what life will be like when the nest is empty. Preparation and acceptance of these changes are key to healthily adapting to the changing family dynamics.

5. The empty nest also known as the "launching phase" is when teenagers and parents shift from a parent-to-child relationship towards an adult-to-adult relationship. Launching does not necessarily mean moving out from the family home. It simply means moving into the next stage of development and life.

The launching phase in a family takes several years and is a time of supporting and mentoring your emerging young adult to learn the necessary skills to set them up for success in life.

During this time it is important for parents to evaluate their own goals, dreams, and aspirations as individuals in the world. With increased freedom from parenting duties, this is a time to explore new interests.

6. The Retirement stage sees a shift in relationships with elderly parents. Supporting them without over-functioning for them whilst they still have their independence.

At this stage death and loss are the most profound challenges families confront. Families going through this life phase may experience the following:

- Dealing with the loss of a spouse, sibling, or peer.
- Making preparations for someone's passing and their legacy.
- Managing reversed roles with adult children now becoming caretakers for their frail parents.

INTRODUCING THE SCHOOL OF FAMILY

The Centre runs virtual and face-to-face courses that equip families with knowledge and skills to develop their families and run them successfully.

Family development needs to be taught. The same way people acquire knowledge for business management and business development, families need knowledge and skills to development their families and run them successfully.

The school of family explores different fundamentals of family designed to give families practical tools and knowledge to take their families to the next level.

The Centre has four academies:

FAMILY DEVELOPMENT ACADEMY

- Couples and Family Therapy Diploma
- Relationship Psychology Certificate
- First Aid for Mental Health Diploma
- Laughter Therapy Certificate
- Journaling Therapy Certificate
- Family Financial Planning Certificate
- Family Organisational Development Certificate

CHILDREN AND YOUNG ADULTS DEVELOPMENT ACADEMY

- Dinosaurs for Kids
- Play Therapy Certificate
- Introduction to Forest Schooling Certificate
- Wellbeing for Kids Certificate

GIFTS AND TALENTS ACADEMY

- Empath Diploma
- Monetising the gift of Hospitality
- Essential Oil Business
- Candle Making Business
- Card Making Techniques
- Fund Raising Diploma

FAMILY ENTREPRENEURSHIP ACADEMY

- Certificate in Family Entrepreneurship

[Click here to learn more about the School of Family](#)

FAMILY EDEN EXPERIENCES

CFD offers consulting services to families. Remember a family can consist of husband, wife and children, or just husband and wife or mother and children or father and children or just an individual..

CFD has a variety of encounter programmes that they offer depending on the needs of a given family. The offerings are as follows:

- NBI family profiling
- Weekend getaways
- Family Conferences
- Cruise excursions (regional and international)
- Ultimate family vision blueprint
- Family wellness and mental health awareness
- Mother with post-natal depression
- Family unity and appreciation
- Dancing Experiences
- Family entrepreneurship
- Father and son encounters
- Mother and daughter encounters
- Boys & Girls bootcamp
- Mother's Day Experiences

These programmes are experiential and are run at the CFD centre in Johannesburg, South Africa.

Some of the programmes are run offsite at other venues. Family Eden Experiences use leisure as a platform to experience family encounters. Families are taken out of their homes to a serene place which will enable them to be creative and innovative.

[Click here to learn more about the Eden Experiences](#)

WHAT TO EXPECT FROM THE CENTRE IN 2023:

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

January	February	March	April
Family Vision Webinar Family Diary 2023 Self Love Challenge	Family Love Language Programme Couples Dancing Experience Valentine's Dinner	First Aid for Mental Health Programme Family Enrichment Programme	Boys and Girls Bootcamp
May	June	July	August
Mother's Day Retreat - Victoria Falls Post Natal Depression Awareness Programme	Journaling Therapy Programme Men's Health Getaway Dads and Lads Day Out	Laughter Therapy Programme	Compassion Fatigue Programme
September	October	November	December
Family Culture Programme	Family Entrepreneurship Programme		Family Conference Cruise

Books you can purchase from the Centre:

- 1.The Family Development Book
- 2.The Self Love Book
- 3.The Family Diary 2023
- 4.The Family Travel Expert



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PLATFORMS:**



@familydevelopment20



THE SELF LOVE CHALLENGE

EMBARK ON A JOURNEY TO FINANCIAL WELLNESS

[Click here for more information](#)



FAMILY VISION BLUEPRINT

JOIN OUR FREE WEBINAR

A life changing programme for families who want to establish themselves and families who want to refocus and reposition themselves for purpose



This webinar will help you understand the need to establish a family vision. It will help family members find their role within the family.



Join Zoom Meeting
[https://us02web.zoom.us/j/84737826464?](https://us02web.zoom.us/j/84737826464?pwd=VzFTend0UUZtbk9yL0ZpQ00xelFSUT09)
 64?
 pwd=VzFTend0UUZtbk9yL0ZpQ00xelFSUT09

Meeting ID: 847 3782 6464
 Passcode: 710619



Date - Thursday 9 Feb 2023
 Time - 18:00hrs - 19:00hrs



Centre for Family Development

REGISTER TODAY BY CLICKING HERE



THE 5 DAY LOVE LANGUAGE CHALLENGE

13 - 17 FEBRUARY 2023



What's New

5 DAYS

5 LOVE LANGUAGES

1 LOVE STORY



Learn about the 5 love languages

Learn how to cultivate love with your family, keep your relationships fresh and growing amid the demands, conflicts, and just plain boredom of everyday life.

Understand the different ways of expressing and receiving love: words of affirmation, quality time, receiving gifts, acts of service, and physical touch.



How to tell someone's primary love language

Get tips to help you connect better with your loved ones. These will help improve how you relate and communicate as a family.

CLICK HERE TO JOIN THE CHALLENGE



MOTHER'S DAY WELLNESS RETREAT Vic Falls

5 – 8 MAY 2023



For Non SADC Citizens

- * Flights from Joburg to Vic Falls
- * Airport transfers
- * Accommodation for 3 nights at the A Zambezi River Lodge
- * Inclusive of dinner and breakfast
- * Sunset cruise and tour of the Falls
- * Boma dinner experience
- * Wellness programmes
- * Financial literacy workshops

For SADC Citizens

- * Flights from Joburg to Vic Falls
- * Airport transfers
- * Accommodation for 3 nights at the A Zambezi River Lodge
- * Inclusive of dinner and breakfast
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[CLICK HERE TO RESERVE YOUR SPOT](#)