

Family meetings

Why?

Sometimes the pace of life takes us away from one another. We can find there becomes little time for meaningful conversation. Or maybe we as parents or our children have something really important to speak to but find it hard to create a time when everyone else is on the same page and in the best head space.

Having regular family meetings gives a dedicated time for this, a forum and a safe space that all family members know they have. It is of huge value to know there is a space and time when you will be heard & valued.

How?

Decide on the best frequency for your family right now & dedicate a time and space for this ritual & practice. Its' important to remember that it is a practice – it may take time and effort to build your skill and capacity for this as a family.

Find your balance and flavour of structure & natural flow.

Actively listen to one another

Give everyone the opportunity to speak & be heard

Include some mindfulness/meditation – it's very useful to settle & centre together

This can be a great opportunity to check in with family values

Photo by Tom Hill on Unsplash



Create space
and connect in

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