

Speaker 1: [00:00:02](#) [inaudible]

Jon Vroman: [00:00:02](#) we had all of these great things and we kind of uprooted that and changed it all in a moment. And from those moments of Vet Varsity and challenges and experiences, I think the kids have grown tremendously having experiences that they never would have been able to have elsewhere.

Speaker 1: [00:00:20](#) [inaudible]

Jon Vroman: [00:00:20](#) what's up? Bell is welcome to the front row dads podcast. I'm your host John Roman, and this is the show for family men with businesses, not businessmen with families. If you're here for the first time, glad you dropped by. My guest

Jon Vroman: [00:00:30](#) today is Derek Fredrickson and the anchor of today's show is really about how he moved his family from Connecticut to Paris. Why he decided to do that. All the things that go along with moving your family, uprooting them, taking them to a new country. So I want to talk to them about, you know, hey, what are the rituals and routines that stayed the same? What's changed? How have your kids adapted? What our school's like? What is life like? How do you run a business from afar? Because you've got a very successful business. He and his wife, they've got more than 30 team members back in the states. So there was a lot of things to unpack your and get into. So I think you're really gonna enjoy this show and even if you're not [inaudible] to move your family abroad, this is a show about change. This is a show about recalibrating in your life and we all face that in our own unique ways.

Jon Vroman: [00:01:17](#) So we're going to talk about shaking things up, shaking up the schedule, shaking up your life and all the benefits that come from that. And of course how he works through all the challenges of that. Like how do you move from thousands and thousands of square feet in Connecticut with your big house to apartment living in Paris. It's just a fascinating challenge. You know a little bit more about Derek. So of course a father, husband first, and then an entrepreneur, he and his wife run this business together and you can check out more of that@boldheart.com one of the things I really appreciate about Derek and I felt this way about him for years is that it seems to be that he is one of the good guys who is winning. So he's succeeding in business in life without doing shady things. You've got high level of integrity and he's very honest and upfront and he's just, he's a genuine dude and I really liked that style that he brings to his business.

Jon Vroman: [00:02:06](#) So anyway, he's in small business development. It's digital marketing, sales strategy, all the business growth from online marketing and sales. That's where his expertise is. So we also get into, on a personal note how he loves to ski, how one of the real draws of moving to Paris was skiing in the Alps. And we get into some of the benefits of being in that city, you know, sip and wine, picnics, all that stuff. It's pretty cool. So he and his wife, I know I'm probably going to say this name incorrectly, but I think it's Fabian. Sorry Derek, sorry Fabian and they have three lovely children. He's just got a great family and uh, you can look them up online. We'll link to his website and all that front row dads.com and our show notes, the guys we're going to get into that just a moment before we do, I've got a couple of quick things I want to tell you about.

Jon Vroman: [00:02:50](#) Number one is that if you're listening to the show as it releases, we are in the final few days of our open membership enrollment front row dads. So to become part of the Brotherhood, we only have this open for the last two weeks of June. So right at July versus the end of this. If you're hearing this and you don't know what the heck I'm talking about, but the point is if you value learning from and with amazing people, you want to level up your game at home as a dad, as a husband, as a family man. Then go right now to frontrowdads.com/frd membership. That should get you to the page where you can learn how to become one of our front row dad members and this would give you an opportunity to join monthly live calls where you can ask questions and share your wisdom with the group of what we have right now is about a hundred men who have committed to being in this brotherhood.

Jon Vroman: [00:03:44](#) You also will learn about some of our live events that we have throughout the year, so we have these retreats that are three days. We usually have about 40 men that attend these retreats where we get a chance to take a step back and work on our families and not just be in our families, which is also very important, but we all understand the benefit of perspective and yeah, getting a little space in distance so that we can make sure that when we are making moves, when we are saying things and communicating with our family that it's effective and that requires some thoughts, some opportunity to create space in your life and to connect with other people and share best practices. So you're interested in that type of brotherhood. Please check it out. The membership ends as of July 1st and we only opened up enrollment about three times a year or so.

Jon Vroman: [00:04:28](#) So anyway, go to frontrowdads.com/frd membership and you'll get more information there. And guys, if you happen to be

watching this on youtube somewhere and you're listening to the podcasts, I'm actually, I'm in my hotel room here in Akron, Ohio and I'm going to be speaking tomorrow at the University of Akron. And some of you know that for the last decade I've done hundreds and hundreds of speeches on college campuses. It was something that I felt very passionate about and I wanted to do, but I wanted to celebrate something with all you guys today, which is that, well let me start with what happened. I sent an email to my web gal and I said, hey, let's take down front row on campus.com which is and has been the college speaking website and that's been a big part of how I've served other people for the last 10 years and I asked her to take down the website.

Jon Vroman:

[00:05:14](#)

That was a big email to send because I was telling my wife earlier that I spent a good part of my life. I'm back in 2008 2009 trying to get people to pay me five or \$7,000 to come speak at a college campus and I would've done anything to have college campuses lining up to have me speak. And now I've gotten to the point where I am all in on front row dads all in 100% and for me to send that email today and to essentially end of that chapter of my life where I'm not accepting any other college speeches, that was a big move. And I just want to celebrate that with you guys. Why does that matter? And you're like, why do I care about this job? And here's why. Because I'm all in on front row dads and I want to serve you and I want to make this great for you and I want to bring you the best interviews, the best information, the best strategies, the best ideas that will help you in your [inaudible] relationship with your kids regardless of how old they are in your relationship with your wife, your partner, that overall in your life that if I can somehow add value to you as a family man, that is now my all in.

Jon Vroman:

[00:06:27](#)

That is what I'm going to do morning, noon, and night. And I am going to give it everything I've got. So I wanted you to know that that today I officially shut down a part of my business, a part of my life. I mean, and this was a part of my business by the way. This was multiple six figures. These are 40 to 50 speeches a year, you know, \$5,000 a piece and I loved it. You know, I saw hundreds of universities and travel all over and felt really good about the work when I did it until I realized that my next chapter in life is front row dads, that this is my all in and this all started back in 2016 and and now you know, Gosh we have as I record this, we're about to run this masterclass tomorrow, which by the way you could still catch the replay of that front row dads.com/five habits front row dads.com/five habits will get you to the masterclass that my good buddy Howe I rod and I are going to run and talk about.

Jon Vroman: [00:07:22](#) Okay, what do we feel are the five habits of front row dads? You know the things that have made the biggest difference in his life and my life for all the dads that are in this community. And we're going to share that tomorrow on a masterclass. It depending on when you're listening to this, you can go listen to the replay, but again, that replay at the end, we'll tell you how to be a front row dad member if you want to join the Brotherhood. We have so many amazing people in this brotherhood, high-performing, hard charging entrepreneurial guys, many of whom are very successful in business and yet they know that they need to put forth the same effort to growing in their family life as they do in their business life. So we mastermind for business. Why wouldn't we do that for our families? So anyway, guys celebrating with you big day today, and thank you for being part of this community of men who are dedicated to being the best they can be. All right, that's enough rambling. That's a lot of rambling. If you're still listening to me, I'm impressed. Let's get into the show guys. Derek Fredrickson. Enjoy

Speaker 4: [00:08:20](#) [inaudible].

Jon Vroman: [00:08:21](#) All right, Derek, here we go, man. This is our time, buddy. Thanks for joining me. I'm excited to be here. John. I'm really looking forward to it. So let's set the stage here for all of our listeners. You're in Paris right now. This is won't be for you. And what time of day? This is a about six 30 in the evening here. Yeah. 11:00 AM my time. Yeah. And so first of all, man, I just want to give you a compliment and I believe I've said this before and I hope to say this many other times, but from the minute that I met you and from the time that I've been following your work, I think you're one of the most genuine,

Jon Vroman: [00:08:55](#) intelligent and influential in the right ways type of dude that I've ever met. And so I just want to thank you so much for spending time today. I'm so excited about getting to know you and your world and introducing you to

Jon Vroman: [00:09:08](#) all the guys. So I appreciate that. Thank you so much. That means a lot. And, uh, you know, to hear that it's, it's very special because, uh, you know, I love what I do and I want to make a difference in, to hear that coming from somebody like yourself, it means a lot. So I appreciate that very much. When I first met you, you're in a space where there were some people that were operated, you know, you're in this marketing space and then it was email that was actually the topic at the time. And I remember learning from some people that I'm like, Oh man, that does not align with me. Like, that feels really icky. And then

I learned from you and I'm like, Oh, you can win and be a good guy. Yeah. I think it's because when you talk about authenticity, right?

Jon Vroman: [00:09:44](#)

And especially in the world of marketing, there's a lot of slick that's out there, right? There's a lot of, uh, you know, uh, kind of misleading people and, and, and the, you know, kind of smoke and mirrors and such. And I think when you talk about authenticity and living your message and doing it in integrity, it kinda cuts through. And people really resonate with that. So I appreciate that it made a difference. I think that's a great transition to talk about your family and how you operate with your beautiful wife and your amazing kids and the life you've chosen to live. So let's set that up a little bit by maybe taking us to, why are we talking to you from Paris, right? And just give us a little bit of that backstory because I think this is an alignment with how authentically you've approached living your life and true to yourself and aligning with your family.

Jon Vroman: [00:10:29](#)

Right? Yeah. Give us the story. Well, I'm thinking originally started, we've been here almost three years now and a, it started almost about six years ago. I'm a big skier. I love to ski. I've been skiing since I was six years old. I've never missed a ski season. And growing up in New England in Connecticut, we would go to Vermont, uh, every weekend from almost thanksgiving to April. So from November all the way to almost Easter. And, uh, you know, scheme in New England is, is pretty good sometimes, but you get your bad weather, you get your bad conditions, you get your crowds and everything else. And one night my wife and I, after the kids went to bed, uh, you know, we're sitting by the fire having a glass of wine and we were just talking about like again, another season where the skin is just not good. I really want to try to find something different, something better.

Jon Vroman: [00:11:14](#)

And uh, she said, you deserve to ski in just the best skiing in the world. And the best skiing in the world is in the French Alps. And I didn't really know where she was leading me down, but we started the dream a bit. We started to talk about what would that look like if we could create a life, create a lifestyle that would allow me to ski and some of the best dean in the world. And so this, the seed was planted at that moment. And I know my wife is very strategic and she can use the use that angle and uh, you know, so it started about skiing and we thought we'll let, let's think about where would we move to where we can move to Switzerland where, you know, they speak English still and we were working together at the time. So we, that ability to kind of

Derek F: [00:11:53](#) create what we wanted to do with our business. We could do it remotely, we can, you know, run it from wherever we needed to go. And we thought, well, at the same time with our children who are younger at the time, uh, you know, to have that kind of experience with the children to spend a year abroad, right in Europe. And I think my wife's originally from France, and to be able to have that type of experience as a family, we thought, well, let's see what it would take to make that happen. So we kind of dreamed about it. We kind of put the wheels in motion and then about two years later we kind of made a decision, well let's, let's just go and see what it would look like. So we went and came to France and we spent a week to the south of France near the ski areas.

Derek F: [00:12:28](#) And uh, you know, we got there and I'd never been there before. I mean I've been to France, but not in this area. We were going to move here, we're going to look for schools, we're going to find an apartment. We were, we were set to go. And, uh, we got there and I spent, we spent two days there out of the week and I said, this just doesn't seem like home. This doesn't seem like the place I want to live. And I said, why don't we move to Paris? Seriously, it was her dream to come back and move to Paris at one point and to learn. And so we decided as a family, you know, to uproot everything that we had going on in Connecticut, the schools, the community, the business send away. And we moved in. It was supposed to be for one year.

Derek F: [00:13:05](#) And uh, after we got here for about six months, it felt really strange to then have to decide are we coming back to America? Are we staying in France? What are we doing? The kids just kinda got settled. We just feel like we're getting settled. It just seems too soon. So we have kind of a family meeting and talked about it and the kids decided, you know, we were in it, we wanted to stay longer. My wife and I and the kids decided that they wanted to stay an extra six months. And I said, it looks not really gonna work to stay an extra six months. So we decided to stay a second year and that second year is now turned into the third year and now it's, it's indefinite. We don't really have any plan on moving back. I mean, never say never. But we love it here in France.

Derek F: [00:13:41](#) We love it here in Paris. It's a beautiful city. It's an amazing country, very different from America. And there's a lot of, a lot of pros to that in terms of just having that experience as a family, as a business owner, with your kids, seeing everything that's come about in the last few years. So you know, we missed America, we missed our family, we missed our friends, but we're loving living the life here in France. It's a, it's really quite

an amazing experience. Yeah, man. Like I'm sitting with the feeling right now, why am I so inspired by that? They come so inspired by that. Well, I have to share that and I got inspired from somebody who had done something similar. I was in a program once years ago and I met this gentleman very successful in business, just sold an multi eight figure company and he had just taken a year off and traveled around the world with his then kind of eight, 10 11 year old, two children.

Derek F: [00:14:31](#) And I remember standing at a group with him talking and I just was an odd, how do you do that? How do you, how do you pull that off? How do you make that happen? I mean you're running this business and, and what he said to me is, you know, you'll have an opportunity in time to run the business and succeed in business and growing and that's all well and good, but you're never going to have that time where your are at that age to experience something that's going to have that much significance. And we really wanted to time it so that our youngest was old enough to remember it. Right. And our oldest would be still young enough where there wasn't the resistance because of the friends and teenagers and everything else. And I just, I felt this is, this is something I would want to try to do and, and we can do this.

Derek F: [00:15:09](#) Let's make it happen. I mean we've, we've manifested, we've created things together. My wife and I and our business and our partnership on our marriage and our family and said, why not? Why can't we achieve this as well? We've just shaved so much. This is something that we could do. So that was kind of the catalyst. And to, to kick things off, you mentioned earlier about this being a family decision. So take us to that if you could and let us know. How did that actually go down? Yeah. What ways did you involve your family? Well, we knew we wanted it to be a collective decision. I mean, obviously it was really important for my wife and I to have the experience that we wanted, but we also knew it wasn't going to work out if our kids were resistant to the idea. Right. And they had also in the first six months of living here, we had experienced moments of why did we move here?

Derek F: [00:15:55](#) Why this is very hard. This is very difficult. I miss my friends, I miss my home and this my, you know, my, my routine of what I was used to, this is completely different. And so we didn't want to, uh, you know, forced the decision upon them. But we also knew that in our heart we knew in some ways better than they did, obviously because as kids, they may not know in the long scheme of things what's in their best interest. So we knew this experience would shape their lives. We knew this experience

would mean so much more than the difficulty that they may have been experienced in the moment. But we also wanted to give them the space to express and share what's working and what's not working. So we literally sat down and we do this all the time. We went and said, well, what's the pros and cons?

Derek F: [00:16:35](#) What's the pros of stay versus the pros of moving back? The cons of staying in the cons of moving back away to collective decision. Right. I mean, at that time my youngest was seven years old and he had just as much of a say as the rest of us. And we didn't want it to be a just a few that were guiding us. We wanted it to be a collective decision. We ultimately came to the conclusion that this is, this is what we wanted. Uh, individually and collectively as a family, we do that all the time. We do pros and cons as a family. We, you know, look at the, you know, the benefits, the disadvantages, you know, what, what's working, what's not working and come up with the solution. And that's what we did. Mm. I love that dude. Let's talk about what's the same, since you've moved right to Paris, what have you held on to what traditions, what routines, what schedules are the same and how, what's changed?

Derek F: [00:17:27](#) Like how was that such a positive pattern interrupt came from and what's been the result? What are the benefits that you've experienced in your family's experienced by being in a new school system? Being in a new culture and community? Yeah, I mean, that's a great question. I mean, sometimes it's, it's, it's easy I think for most to look at perhaps what's challenging or what's difficult and kind of fall trap to that. And I think one of the things that we've always done as we always look at the positive side, you know, one of the things that we do as a family, uh, we try to do it every night, uh, cause when we have dinner together, you know, meal time here, whether it's dinner or on the weekends, you know, Saturday, lunch is a big thing in Europe. So two, three hour Saturday lunches is routine and really having in depth meaningful family conversations.

Derek F: [00:18:15](#) But one of the things that we do as a family is we go around the table and we say, uh, let's do a positive focus. What's new and good, right? Because it's very easy to say, you know, I lost my subway card or I got bullied at school, or the French teacher didn't understand what I was trying to explain. And uh, you know, there's a lot of challenges when you're uprooting your experience and something that's very different, very different culture, language, everything. You know, we've moved three times since we've been here in Paris. So to not feel like we're rooted in home is, is, is challenging. And especially for young kids, right? They kind of crave that normality, that consistency.

So we always try to look at the bright side of things. And I know that sounds Cliche, but it works. And I think when you focus on positivity, focused on what's new and good and also what's new and good and, and how are we doing that?

Derek F:

[00:19:01](#)

Right? So sometimes we'll say to our children, you know what was new and good at school today? Well, I got a 95 on my French exam. Congratulations. That's fantastic. How'd you do it? What did you do and how can you do even more of that as opposed to looking at sometimes, well, I didn't study the right way or this was wrong or frustrating, whatever that may be. You know, in those experiences, in those challenges, finding the positive, finding the new and good, finding the things that you can learn from. Right? I think you've said a couple of times I've heard it, which I love it. It's either you're winning or your, you're getting, you're learning, right? And I, and I love that expression because it's easy to look at how we can win, but when we're, when we're not winning and it's difficult, what can we learn from that and look for the improve on and how can we be positive, right?

Derek F:

[00:19:44](#)

We're very positive. People were very loving. That's something that's always been a big part of our family. So you know, things that have changed a lot, right? Everything has been completely different in so many ways. And that's, that's been a very positive, right? Not Everybody can, uh, you know, enjoy that type of experience. But for us, we've been able to look at, uh, the, the experiences and the, the, the lifestyle that it's been, you know, allowed us to do here in France. And that's really quite spectacular. Uh, we had, you know, in, in Connecticut we had a, as some would describe a very cushy lifestyle, right? We kinda call it the bubble, right? We had the private schools, we have the Nice House, we had proximity to the beach, we had all of these great things, and we kind of uprooted that and changed it all in a moment. And from those moments of Vet Varsity and challenges and, and experiences, I think the kids have grown tremendously, uh, having experiences that they never would have been able to have elsewhere. Uh, and so that's, that's always been a big part of us as a family, as, you know, what can we experience, how can we grow, can we achieve more and do more in that way? And this has just been part of that, that evolution.

Jon Vroman:

[00:20:52](#)

I'm glad you brought up the move from Connecticut to where you are because you had a lot of luxuries in Connecticut, the private school, the big house. I was actually looking, cause your, you said that you're in your apartment. Yeah. And so let's talk about that for a second. Because moving from a house with a

lot of space into a city apartment might present some unique challenges. I mean I was just thinking like, you know, one to one time with Tatyana Flores and old buildings. Like, so how has that worked for you? How has downsizing your space? And by the way, I'm actually making a big assumption there. You might not have downsized anything. You Might,

Derek F: [00:21:32](#) oh, we have, we have big time. We had a, we had, and we still own the house in Connecticut. It's not, it's not sold yet. It's been, it's been rented. But, uh, that was a big adjustment. Right. I mean even from the experience of living in the suburb. So living in a city, right, to living in a house, to live in an apartment sharing. You know, my two boys were sharing a bedroom in the first time that we moved, that they had never done that before. And I know for some that's, that's normal, but it wasn't there, their normality before and they weren't used to that, uh, you know, apartment living in Paris, there's small apartments. So having everything kind of in close proximity again has its benefits and its disadvantages. Uh, but it kind of brought us closer together because we couldn't disappear in a different areas of the house.

Derek F: [00:22:13](#) We were always kind of, you know, in it together and spending time together more. Uh, and you know, the beauty of Paris is that we would spend a lot of times outside, you know, it's springtime here in Paris in the summertime. And, you know, we wouldn't have the big dining room with the big kitchen, so we would go and do picnics in the park. Right. That's what [inaudible] do. You know, we never did a picnic when we lived in Connecticut. We would, you do what the locals do and you'd pack a picnic bag and you, you know, get some, you know, French baguette and some nice block of cheese and maybe a bottle of Rosie and a soccer ball for the kids and you just go hang out in the park. And that's what, that's what you did. So there's a lot of, it's really good.

Derek F: [00:22:49](#) So, you know, and that's from, from that experience, what we realized is that living here in France, there's a quality of life that exists here that's different. I'm not saying it's better, but it's different from what I've experienced in the family has experienced and living in the United States and Connecticut in the suburb. And you know, they really appreciate their time off. They appreciate the experience of living here. I mean, Paris is, uh, is a beautiful city and it's very feminine. It's very, it's, it's gorgeous. The cafes, the streets and everything else. You appreciate that beauty in a way. Uh, so everything from the apartment to, uh, taking the metro every day to go to school as opposed to having the nanny or the AU pair drive the car and

everything else. It's just different experiences walking all over the place. You know, we don't have a car here.

Derek F:

[00:23:34](#)

We haven't driven, other than renting a car, we don't have a car anymore. And we had three when we lived in Connecticut. You know, it's just not what you do here. It's just a, it's just the way of life. Yeah. What do you miss most about the u s you know, I definitely miss, yeah. Family and friends, you know, for sure. We've made a lot of friends here, which has been great. A lot of ex pats, Americans and, and, and, you know, I don't want to say non-French, but people that I've kind of done a similar experience to what we're doing here. Uh, you know, it was not the easiest conversation to have with my family when we decided to move here. Um, my parents had, uh, uh, their opinions about why would you want to leave and our friends as well. Why would you give up what you have in Connecticut?

Derek F:

[00:24:13](#)

It's everything's you perfect here. And I realized that and I appreciate that, but that was a moment in that part of our lives where we had done that experience and we were looking for something more, looking for something different. Uh, so I missed the family, I missed the friends. Uh, I miss, you know, simple things like American barbecue. I miss a good cheeseburger every now and then. Uh, but there's a lot of good to, to what's here in France. I mean, it's interesting also the children here, there's a lot that they like more than what's in America. They, the school system here is an example. They have the system, which is six weeks of school for every two weeks of vacation. So there's a lot of time off. And then there's the summer. So it's sometimes challenging as a business owner to have that much time off because we're having to plan, are we going, you know, are you on vacation or are we working? What are we doing? And being able to balance both, but it kind of forces us to take that time off and deep and deep, you know, unplug and disconnect and be with the children. Enjoy the whole experience.

Jon Vroman:

[00:25:14](#)

Yeah. Boy, that's really cool. That's something I want to just mention that I'm having this internal dialogue as you're speaking about, not better but different. Sometimes I think about the changes that we create for our families and that we don't always have to be looking to optimize and say this is better than this option over here, but that we can value different, it's almost like good marketing where you go, I don't know. Is that a better approach? Well, better is oftentimes just different and shaking it up like a workout routine that you shake up, you know, being exposed to different cultures, communities. I think that in and of itself, just being different,

shaking up the schedule is just worth noting and maybe even inviting all the listeners to ask like how are you shaking things up? I mean sometimes life shakes it up enough for you that you're like enough different. I just want some consistency and so I understand that flow as well, but it's just something to consider.

Derek F:

[00:26:11](#)

Yeah. I think one of the things that it's taught all of us, uh, the children included in and myself is, is adaptability is a huge positive to have personally and professionally. Being able to have these experiences and learn from them and being able to kind of persevere face challenges in different ways. Uh, you know, life lessons here are something that we're experiencing every single day. And I, I've, I've said this to our children that, you know, you're learning just as much outside of the classroom as you're learning in the classroom. Yeah. Cause everything that happens to you outside in this new environment is going to test you and it's going to ask you to step up and kind of rise above the challenge and persevere and problem solve and adapt and improvise. And these are, these are skills and traits that will serve you 10 times down the road.

Derek F:

[00:27:04](#)

You may not realize it now when you're in the fourth grade and you've, you know, you're, you're lost on your new way to school or you don't know the way on the metro or you're on understanding what your teacher saying because you've just learned French and you've only been here a year and you did speak the language. So the, through those moments of adversity, you have to kind of step up and, and, and, and, and become a different, better version of yourself. So that learning, that experience, that happens almost on a daily basis for all of us, myself included, not just the children, but that's a huge part of it. And so the life lessons, you know, I say to the children that, um, you know, in, in, in American or in our kind of prior life, there were a lot of highs and lows.

Derek F:

[00:27:44](#)

It was pretty, pretty consistent, pretty static. Right? Here there are higher highs and there were some times lower lows, right? Those higher highs go to Italy for two weeks. We can experience things we've never experienced before. We're skiing in the French Alps, right? It's just these amazing things. But there are also times when there are lower lows things that you wouldn't have to face as a challenge or deal with as a problem if we had been in America. So that in that kind of moment you have to step up and do what it takes to, to, to, to, to rise above. And I think that's really a big part of the experience is the value of kind of coming up from the things that are holding us back and, and asking us to, to do more and be more, you know? Yeah.

- Jon Vroman: [00:28:25](#) So it's kind of cool that, you know, one of the things that's coming up for me is this idea of like where are our habits that are important, our traditions, our consistency with our families and where do we then create things that are different to shake things up and where do we create a little bit more of those high highs and sometimes the low lows, but that really serve us. So talk to us a little bit about your calendar and your routine. What does a day in your life look like? Recognizing that for most entrepreneurs there is not a standard day, but walk us through like maybe what is standard or how do you approach your mornings? How do you approach time with the kids? How do you put date night or right, like how do you schedule your vacations throughout the course of the year?
- Derek F: [00:29:05](#) Yeah. Well I grow on that. If you could. Yeah, I'd love to. I mean, I'm a huge, I mean one of my values is consistency. I love consistency. So I'm looking for that throughout, in so much of what we do. So typical day for me during the week, uh, is usually I'll take my little one, Oliver, who's nine, uh, take them to school at about eight, eight 30, and that's our special, you know, daddy all over time, just the two of us, which is great. Take the metro together. We hold hands, we talk about soccer and we talked about the world's cup. We talked about school. That's just our own little moment, just the two of us, which I really appreciate. Bring them to school. And then the two older kids can go to school on their own. So they're taking the metro, the subway on their own.
- Derek F: [00:29:43](#) Uh, and then I'm kind of in work mode for most of the day. I have an office at a coworking space here in Paris and, uh, and do my thing. Uh, you know, it's interesting because obviously everybody around me speaking French and, um, you know, still learning the language. So I'm kind of immersed in my own, uh, routine of what I'm doing with our team and our company back in the states. And then after work I either go to the gym, you know, sometimes we'll come home and, uh, you know, take the kids to the park or to a picnic or something like that. But the things that are sacred here, our meals, family time together revolves, my wife is an incredible cook, which I'm really fortunate to have. So she loves to cook. The food here is incredible. You know, the market vegetables and the fruit and the wine is just amazing.
- Derek F: [00:30:25](#) So we make a big, big deal about having family meal time. It's very sacred. Um, which we started to do back in America as well. And, you know, we started to fall trap and I know a lot do and there's nothing wrong with it. I'm not saying this is better, right? It's just different. But we were driving the kids to soccer

practice and swim practice and baseball games and it was just kind of, we were running around. It's like, when's the time for us to get together and do that? So we do that a lot during the week, almost every night. Uh, you know, we're very clear, my wife and I that, you know, computer is shut down after six o'clock. We're not working evenings, we're not working on the weekends when we're with the kids, we're with the kids. When we were in business, we're in the business.

Derek F: [00:31:02](#) Right? And I've said before, if you're trying to do both at the same time, you're g you're cheating somebody, right? You're either cheating your family if you're still working or you're cheating your business if you're trying to be with their kids. So having that siloed focus has been a big part for us. And then for my wife and I, we do a date night consistently every single week. It's a huge part. Sometimes even more. Uh, usually Sunday nights or Wednesday night we'll go, I mean there's cafes, there's restaurants and just even if we're just go have a glass of wine at a cafe, just to have that connection time, just the two of us, those, uh, gems as we call it, genuine encounter moments were really just kind of connecting, bonding, sharing the two of us not about work because we worked together. So it's not about that, it's about personal, it's about each other, it's about our family.

Derek F: [00:31:45](#) It's really having that connection as husband and wife, not necessarily as, you know, coworkers or you know, owners of the business and kind of having that separation in that way. So yeah, that's usually what it is. And weekends are just time to relax, enjoy. Uh, you know, we're still new here in Paris, so finding different neighborhoods, finding different things to explore different museums and experiences that we can do as a family. There's always, you know, there's, there's a lot to do and then you've got the whole rest of Europe to explore. So the opportunities are endless. That is so cool. I think it's one of those that is one of the coolest parts about where you are, is that ability to just the short travel to the some, you know, radically. I mean, listen, if you go from Texas to California, it's a different community but a very different field than if you go from France to Italy, from, you know, from Italy to Germany or what exactly. Like that's amazing. And everything, you know, there's 10 different languages that are spoken from an hour flight of, right. And that's also

Jon Vroman: [00:32:41](#) a big part of the experience. And to go to and have those experiences and have those vacations, which we try to plan. We've been, you know, we've been to Italy and Greece and Amsterdam and England and you know, we've got our favorites

and things that we haven't experienced yet that we still want to do now that we're here. And you know, so we joke, one of the, one of the hacks that I, that I, we've come up with is that when we're on vacation, we book the next vacation while you're on vacation, when you're in the mindset of enjoying your time in Italy. And you're thinking about what you're going to do for the summer and the fall booked a vacation that, because when you're back in the routine of looking at your calendar and everything else that's going on with work, it's hard to find the time.

Jon Vroman: [00:33:20](#)

You'll make all the excuses in the world. So when you're in the right mindset book, that next vacation, that is a gem. I liked that a lot. How many weeks of total downtime do you think you get each year? Totally checked out of the business. Totally checked out. I mean, that's, that's a work in progress. If I'm being honest, you know, being vulnerable. It's hard sometimes because there's a lot that's going on in the business. I mean, even just moving here, we had to change a lot in our company. Uh, our team has 30 people and they're all back in the states. We're the only two that are running here and France. So there's the time zone differences. We've had to go more online, uh, do things in different ways. And having the move to Francis forced us to make changes in the business to which we wouldn't have necessarily done if we were still living in America.

Jon Vroman: [00:34:01](#)

And so looking at it in that in that way, uh, but in terms of downtime, I mean is at least eight weeks of vacation throughout the school year. Uh, and when we're off we're off and we've got a great team that helps us, uh, allows us to do that. And then the summer, you know, we're going back to the states, this, this, uh, this coming summer for a couple of weeks we'll do some work things here and there, but that's a good month, month and a half as well. So you add all that up. It's like almost feels like two months, two, three months over the course of a year where we're, we're kind of on an unplugged and disconnected and appreciating that time off.

Jon Vroman: [00:34:36](#)

Hey guys, I want to take a second to tell you about our front row dads retreat. If you would value connecting with a brotherhood of likeminded and lighthearted guys who want to deepen their sense of purpose and meaning as fathers and within their families and to talk about and share the best practices and the strategies for ultimate family success, then this event might be for you if you add value being around high performing guys without the big egos, guys that believe in being family, men with businesses and not businessmen with families. You might enjoy our front row dads retreat twice a year. We're

getting together in person, small groups, cool locations, guest experts and so much more for these events. We've now done this multiple times. It has sold out every single time and if you're excited about it, make sure to check it out@frontrowdads.com where you can apply for the next retreat now.

Jon Vroman:

[00:35:26](#)

Hi, one of the things you might be wondering is does leaving my family make me a better dad or husband? The answer is for many of you, I know you travel a bunch, you do other things and the idea for this one is you have to retreat to advance. You have to take a step back to gain the perspective so that we can go back and crush it within our families. This is the same concept that works in business where you take a moment, do you think you plan, you strategize, you work on your family so that you can be better in your family. If that all sounds good, check it out front row. dads.com hey, speaking of unplugged, and I know this might sound like a little thing, but it is a big thing. I know too many people through one-to-one conversations and posts that I've seen the idea of phones and you've mentioned that computers are done after six but what about phones?

Jon Vroman:

[00:36:11](#)

What about people standing in the kitchen, texting, looking at their phones, checking social media? How does that work in your house? Has it been a problem? How have you solved that if it has? That's a great question. I have to make sure my teenage daughter is not listening because I'm being totally honest. We haven't figured that out completely. And that's what I appreciate about the people that you speak to on your show is that they share what's really going on. It's easy to say, I don't check my phone and we've got rules in place where everybody respects it. It's not a, it's not perfect. It's a work in progress. Yeah. So what, what I will say is that when we're together at the table, at dinner time or meal time, there are no phones, right? We're not looking at it. We're not texting, we're not doing anything else.

Jon Vroman:

[00:36:54](#)

When we have those moments together, we're really trying to be present and really try and to enjoy that, uh, at the end of the night, uh, you know, I, I avoid, like I said, I don't open my computer. I'm, I'm trying not to look at things like slack and email and text. You know, the team, when I'm having dinner, it's the middle of the day for them. So they're full on. And if they need something from me, I've said to my team, when you're having lunch and you still need something from me, that time is closed. So it's going to have to wait until the next day. And unless we have the same as that, no small children will be harmed if it's going to wait another day. Yeah. It's really not that

big of a deal. Yes. We may think it's a big deal in the moment, but we've kind of been working at this, so it's not this version like I have to get this done now, or look at this now with you.

Jon Vroman:

[00:37:39](#)

Wait until tomorrow. It's fine. And then the conditions and trains your team or our team to know that when they wake up, you know, if you're gonna wake up at seven in the morning to get me or my wife, that's what you need to do because we're available at that time. So we don't have it figured out fully, but we're working on it. Uh, but we're very conscious that we try to, especially when we're together as a family, as to eliminate those types of distractions. Yeah. Okay. What's your thought on text messaging with people? And I could set that up with like why I'm asking that question. But is that enough to answer that question without me leading you where I want you to go, I want you to lead me where you want me to go with that one. That's an interesting, and here's why I ask.

Jon Vroman:

[00:38:17](#)

I'll give you a personal example of this is that for me, texting feels like sacred space. There's a reason why the stat is like what 98% of texts get answered within three minutes by people. Or like, you know, some even voicemails now say, hey, for a quicker response, just text me and I, while I appreciate and understand why they're saying that. And you know, one of my buddies who's very, very successful and has a lot of people texting him, you look at his text thread, it's like there's like 38 unread text messages at any given time. And he's like, I really like that people keep a brief on texts. Like I like that part. And I'd say, right, except the fact that for me, I don't want people texting me a lot. Oh listen, if you're a good buddy of mine, if you're a really tough client, if you're my wife or my mom or whatever, I want you to have text, right?

Jon Vroman:

[00:39:04](#)

Like I want to be able to respond to you. I want you to be able to get through. But I've worked really hard to get things off of text to where I literally will respond to somebody via email when they send me a text message and they'll respond back on email saying point noted about texting and I've done that as well. I've done that. I buy, if I were to look at my phone and look at my text messages, there was nothing work-related on my text messages. Yeah, it's only personal. I am very clear of separating the two and I've learned this the hard way because when those worlds collide, then you can't disconnect. Then there is no separation. You're always plugged in, you're always hanged left and right. And so I have this hack that I use with my team and my wife because my wife and I worked together and I've shared this with our clients.

Jon Vroman: [00:39:50](#) It works really well. Is that I never text my wife about work [inaudible] we never communicate on text about work. We communicate on text about personal matters about that husband, wife dynamic, the relationship. If there's anything that needs to be discussed on a professional level that has to do with work. We do that. We use us a system called slack as a, as a team communication tool. So I'll, and I'll sometimes we'll say uh, and I'll catch myself cause I wear two hats, right? I wear the husband hat and I also where the co owner of the business hat and I try to keep those separate because when they collide things can get a little tricky. Right. Where you're having this intimate, wonderful personal conversation. Then you kind of go into work mode on your own. What are we talking about? I thought we were talking about spending time together.

Jon Vroman: [00:40:36](#) So I keep the text messages just for personal and anything that's gotta be unprofessional. This is an email. It's in the thing of my computer that I'm not going to open and not going to see. So that's what the team knows. I don't get anything on text professional stuff. My vote is, that's the way to go. I think they have to got to create a separation there. So yeah, I've got the same rule in place. Like I don't want you to text me about anything work related. I want those texts to be personal things. Yeah, that's great. I want to wrap with one subject here that I'd like to get your insights on, which is integrating business and family, when to do it and when not to. And then let me set this up a little bit too about why I'm asking this. So part of it is like I get separation.

Jon Vroman: [00:41:17](#) I get like where do we separate them so they don't blend together. That makes tons of sense to me. But I also think is it important for me is to actually look at where they can blend together. For example, like where can I bring my son into my business? How can I expose, how can I bring him into the podcasting world with me? How can I let him watch me get involved with running the business? How can I let my wife know enough about my business so that she feels connected to it or included in it or that she's in the know or whatever it right. There's parts of that. There's also the things I learn at work, which actually if I applied them at home, could help me be better at home. Some of my strategic planning that I'll put into place at work, if I actually applied that at home, it would actually be really good.

Jon Vroman: [00:41:59](#) Right. Some of the same strategies of prioritizing and thinking things through, and so where do you see the integration behind that? Where does that work and where do you find that you should absolutely keep them separate? We've touched on that

a little bit already, but I just wanted to give you space because I think you really are in this unique, a place of working with your wife. Yeah, and there's a lot to be learned there. Yeah. I mean, I think for us, and for me personally, there's a lot, I think just in the space that we're in, right? We're in the coaching space, we're in the personal growth kind of professional development space. There's a lot that we, you know, sometimes put on our coaching hat and we, and we, we don't want to fall trap to feeling like we're coaching our kids. Right? And kind of letting them discover things on their own.

Jon Vroman:

[00:42:42](#)

But at the same time, there's a lot of valuable lessons that we can share that they can learn from in terms of how we are running the business and how we're growing the business and how we work with our clients and the experiences that they, that we've realized that we can share to them. And then there's also more practical ways. I mean, we're doing our big 3d event in the fall back in America and we're bringing all three children to the event will be the first time that they're actually going to be in the room. And I don't mean in the back of the room, just kind of sitting at the team table and just kind of watching. They're going to be integrated in an event that we'll be sitting, sharing being a part of it. And that event is not a business of that event is about mindset.

Jon Vroman:

[00:43:16](#)

That event is about personal growth and law of attraction, spirituality and manifestation. The things that they don't teach you in the classroom, but it's a huge value for us. So I think you knowing what really from a, from a business perspective, what are the values that you believe in, whether it's positivity, new and good, uh, you know, personal responsibility and, and the things that we live by in values in our company and as a team. And then also bringing that to share with our children in practical ways as coming to an event or, or having them use some tools that can help them in what they're doing in school. Right? If it's, uh, you know, we have an example of one, I don't know if you know the movie called groundhog day where he reloads the same day and it gets better and better, right? So we use an experience in the tool with our clients called the groundhog.

Jon Vroman:

[00:44:05](#)

They exercise, which, you know, if I were to do this all over again, what worked, what didn't work, what would I do differently? And so we share that with our children all the time. We'll print out the worksheet, we'll sit down if my kid had a bad day at school or something went wrong and we'll go through that exercise and do it together. That's showing them that life lesson of, of kind of taking ownership and, and looking at the

positive, but also how can you improve and how can you do better in that way. So there's a lot that we're trying to instill them but not force

Derek F: [00:44:32](#) feed, right. Them kind of observe and see. Um, and that's part of our brand, right? We're very authentic. We're very vulnerable. We're very transparent. So they can see that day in and day out in everything that we do.

Jon Vroman: [00:44:42](#) Super Cool. Hey, yeah, I know I said that was kind of the last topic, but I've got one more question for you to wrap us up here. Famous, famous last words. One more question. Right? I never adhere to that and I mean, never. I, that's not an exaggeration. So I'm a curious person there. I'm a curious man. Uh, how do you keep your cool and do you keep your cool because you seem to me like somebody that keeps his cool and most people would think if they just heard me on the podcast, they would be like, sounds like John really can keep his cool. That's what people have said to me. I'm not projecting people who've said this right. And I'm like, dude, let me tell you about the times. I have totally lost my shit. Maybe talk to us about this. How do you keep your cool and if you do struggle with that, what does that look like and how have you dealt with that in the past and where does it happen? Because I think emotional mastery is a big topic for our guys. And you seem to be somebody that's just got a good level head.

Derek F: [00:45:39](#) Yeah, I mean I think it's part of who I am, how I'm wired, right. In terms of the type of person that I am. Uh, you know, I'm kind of, like I said, I'm consistent. I'm Kinda in the, in the work that I do, I'm not a front stage guy. Right? If you, if you check out our company, you'll see it's very much about my wife and she's kind of fun stage on more backstage. That's, that's fine by me. I don't have the ego attached to being the one that's the face and the star and on stage again, the accolades, I feel value and appreciated and significance in other ways in terms of how I show up with my family, how I show up with my children, how I show up with my wife, with my team, with our clients and the impact that that makes.

Derek F: [00:46:18](#) And I don't take things too seriously. I take one of the values that I have and one of my, my strengths is levity, right? And always kind of looking at the bright side and kind of, you know, bring in humility. And like I said, you know, no small children will be harmed. So in, in, in acting in that way, which comes naturally to me. Uh, I do keep my, my cool, right? I kind of am more of kind of like the stable rock more or less or the young and the young with my wife in terms of just kind of how we

balance each other out. That works really, really well and our partnership. Um, and so, but there are moments for me if I'm feeling really challenged or really frustrated, uh, you know, sometimes I'll just, I appreciate my alone time so I might just go for a run.

Derek F:

[00:46:58](#)

I might just, I appreciate being able to work in my coworking space by myself and my own little world. Um, you know, about two months ago I, I, I just wanted to have some time by myself and I went and booked a ski trip for five days and scheme the French Alps by myself. I needed that kind of alone time just to kind of gather my thoughts and just not have all of the, the, the distractions and noise of sometimes the work and the family and the pressures and all the challenges that are happening. Just kind of do something for me, take some time for myself and really appreciate it in that way. That grounds. So when I come back I can feel more present, more connected, more energized and not feeling that I'm all high-strung and stressed out because there's so much stuff going on for me that's, that works.

Derek F:

[00:47:39](#)

That's a value of mine is just kind of having that alone time or quality time with one of my kids or quality time with my wife and appreciating that, that kind of just brings me back and just energizes me into, you know, who I need to be and how I need to show up. When you think of other Rockstar Dads, other people that you, I admire and respect because of how they show up as fathers, as husbands, just in general with their families, who comes to mind and why? That's a great question. Well, I mean, I think you first and foremost, I mean, I, why I asked the question, Derek. I, you know, exactly. I know that one up. No, I mean, I really appreciate what you're doing and the message that you're sharing. I think it's a, it's a big impact. Um, you know, I would say for me, uh, there's a, there's a guy by the name of Richard Rossi, uh, who, uh, is the one that I shared that experience about earlier who really Kinda, you know, when I saw him as both a successful business person and a family man and, and really kind of balancing both and a husband, right?

Derek F:

[00:48:39](#)

So, you know, a, a fantastic marriage, wonderful successful business and great kids. Like that to me is the Trifecta when you could put all of those together and make it happen. Um, that's a huge, it's a huge, uh, accolade, I think a, a great thing to experience. Um, so that's, that's somebody that comes to mind, but I think anybody that's out there and it's not about like how great their businesses or you know, how great their marriages, but if they're showing up and, and kind of living the best that they can and those different ways and, and making a difference and, and experiencing it at a, at a high level, I just, I give props

to that. So the guys that are in your community, I see them showing up and doing that. Um, there's, there's, there's, there's clients of ours that I think that are, that are seeing what we're doing and doing that as well.

Derek F:

[00:49:21](#)

Kind of showing up to be a better husband or being a better business partner, but better business father, I'm just doing my thing. All right. I'm, this is not a, you know, something that's a facade. I'm, I'm, I'm talking my walk, right. Uh, and, and, and I think that's a, you know, something that I've always wanted to do is who I am. Right? So I can't, I can't hide that. I'm just, you know, living, uh, living my message. I think a big value within our brotherhood is showing up and showing up is an important part. Now. It's not enough to just show up. You've got to show up and do something. Like showing up to work is important, but then there's what you do when you're there. It is also a value, but it is step one. Step one is showing up. And a lot of times I think that whenever we have new guys that join our Brotherhood online are our open in our free group, we asked them like, Hey, what's one of the challenges that you have? Or what's something that you want help with? And I think the most common answer is actually how do I succeed in business and to home at the same time. That's a tough piece of it. So thinking about how we show up to both of those fully. Yeah, I think that's a real struggle for people. It is something that

Jon Vroman:

[00:50:28](#)

we want to explore deeply in this show and we want to keep having conversation and dialogue around it. Yeah. Got Balancing that buddy. Well, it's not, it's not easy, right? I mean, I would be the first to admit I don't have it figured out, but I think it's a balancing act can like you started showing up fully in both, right? Like A, I've heard, you know, there's some guys that are crushing it online and Internet marketing or business coaching space, but they're there, you know, they don't have it together on the home front. Right. And there's others that are, you know, just amazing on the home phone, but they're trying to figure out how do I make this business thing work? And, and you know, everybody's on their own path. Everybody's on their own journey. And just because you might be looking elsewhere and say, how are they doing it and why are, why are they at this level?

Jon Vroman:

[00:51:08](#)

And I'm not, everybody has got their own kind of journey that they got to go on in their own way. Um, and you know, I've been doing this for a little while, so I've kind of figured it out. But, you know, it's a, it's been an evolution. It's been a, uh, a learning process, right? Where every day you're, you Kinda, either you're winning or you're learning and you've got to, you

know, take those as they come. And then I think also that, you know, we talk about family, men with businesses, not businessmen with families. And I think a lot of guys, when you look down the road and you talk to the guys that are in their seventies or eighties who are fathers and say, tell me what's your thought that I, you know, what do I need to know? And they're like, hey, if I had one regret, it's just not being there enough for my family.

Jon Vroman:

[00:51:45](#)

I work to hear that constantly. You almost never, and I say almost never because I'm sure somebody out there feels this way, but you know, 99.9% of the time you won't hear somebody say, I really wished that a, I would have spent less time with my family. I really think I left a million on the table in my business. You just don't hear it. Yes. When a guy looks at how do I succeed in both, you go, here's the deal. You might think you need to succeed at work to be a great dad, right? That that's the first objective. I've got to put up my family to the side hustle and grind to build this business so I can provide for my family. I would just encourage you guys to be very careful of where that road leads you because one day you're gonna wake up and your kids are going to be 18 and that was your belief system for the last 18 years.

Jon Vroman:

[00:52:28](#)

And you know that time versus something has to fail. Let it be your business. And in fact, I would even say like I don't think it has to do by the way, but if it had to, right, if there to be one that failed, let it be the business and not your family. I remember when we moved here, if I'm being honest, in the first year or two as things changed for our business, it was a real challenge and, and it wasn't on the trajectory which had had been. And that was a challenge for us. And I remember we talked about it, my wife and I and, and we were working with somebody at the time and he gave us this perspective, which is you may not be winning in business right now with what you're doing with your family, with what you're doing with your children and this experience. You are winning 10 times in life. And so when you look at it from that perspective, that really kind of makes it whole. And that I felt a sigh of relief because I said, you know, the business isn't crushing it. We're not doing what we thought we would be doing. We didn't get these projects done. Everything else. He's like, hold on a second.

Derek F:

[00:53:26](#)

Like take a step back, look at where you were and where you are and how much you've been winning and what you've been doing with your family. You can't, you can't put a dollar price tag on that. That's huge. Yeah. So having that perspective is a big part.

Jon Vroman: [00:53:37](#) Well, we want to have our cake and eat it too. We believe in that we're entrepreneurs, right? We want to have it all. And in many ways we teach that you can, you can have a great business and a family life. You totally can. So when we're not getting that, we look at it and go, what's broken? What's wrong? Where? How do I fix this? What's wrong with me? What's wrong with me? Jim Shields, one of my good buddies, he's author of the family board meeting, he was at our very first retreat and he said something that stuck with our guys. He said, guys, sometimes when looking at your life, business just has to suffer, period. Like if you will make a decision, it will be that business has to suffer because I'm going to devote my attention to my family and I agree wholeheartedly. It's just like, look, do I want to have it all? Of course. Do I think I could build a successful business and family of course, but sometimes if I am completely with my kids and the business is calling it my attention, hey, it might suffer at the hand of that, but I'll learn something from it. We'll all learn something from it. We'll drive in the end.

Derek F: [00:54:33](#) And that's what I love because when you have an entrepreneurial mindset, you'll know you'll overcome that. You know that you could have another time, you can, it's not like it's done. You'll never be able to achieve that goal. It's just been put on pause for the next 12 to 18 months while you regroup and reassess and do what you need to do. And so to take that step back and realize I crushed it in my family the last 12 to 18 months and the impact that this has had, and yes, the business has suffered, but I know that I can actually still achieve so much more because I'm a believer in that. Right? That's what it's all about.

Jon Vroman: [00:55:03](#) Yeah. And guys don't use that as an excuse to suck in business a message. We want to share it done, you know? But a truth is that, hey look, these are all conversations we've got to have and they're all in context, right? Yeah. X, you've got to take the good of these comments and these conversations and apply them in your world cause everybody's got a really unique situation. Derek, this has been awesome. Man, I really love this conversation. I really love who you are and how you're going after life. Thank you so much, man. I'm a better human. I'm a better dad and husband because of our today's chat. Is there anything that you want to say to the guy? Anything at all that you just had on your mind that we just didn't get a chance to cover? Or final words to the front row dads?

Derek F: [00:55:40](#) Uh, no. I mean, I've really appreciated this conversation. It's fantastic. I love sharing the message with the community. I think

it's a, as I, as we first connected, I felt in complete alignment with what you're doing and what you're sharing. And so I applaud you for that because it's a, it's really making a difference and best known only to me individually as a, as a dad, as a husband, uh, you know, and a business owner. Uh, it's been huge. But I will, I will say this, that you know, one of the things that I've just keep coming back to is that, um, you know, in the moments that you can share these experiences with your children, um, which are going to sometimes be challenging and ask them to step up and learn from that experience and learn from the positive and learn from the good. There's so much value in and as kids,

Jon Vroman:

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sometimes they don't really fully realize it because the other kids, right, they're looking at tomorrow, they don't necessarily looking at next year or 10 years down the road. But when you have those opportunities and can give those experiences to your kids, it doesn't have to be moving to France or to Europe or whatever that may be. But there's so much life lessons that can be learned, especially outside the classroom on a daily experience, on a daily level. And when you can highlight those moments for your kids and share those experiences with your kids and have them learn from those experiences, it's a, it's a huge, huge game changer. Yeah, no doubt. Great Wisdom, man. And prepare for this question at all, so I've got to put you on the spot here, but you just became a front row dad member. I can't help but comment that as I record this, we're days away from actually opening up membership again and, and this is a process, by the way, if you're listening where guys would learn about front row dads apply for membership.

Jon Vroman:

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It's a cultivated and curated community because we have a specific type of dad that we would like to invite into our brotherhood. But if you're out there listening and your entrepreneurial minded guy, a guy who resonates with being a family man with a business, not a businessman with a family, then this might be for you. I'm curious, Derek, you're newer to the Brotherhood initially, but why did you say yes? Like if somebody's out there listening, you know, maybe you could help them to think through that a little bit. Why did you jump in? For me it was because the message of what you're doing and putting out there resonated with me at such a high level. I knew I needed to have, I knew I had to be a part of it. Right, and and because I didn't know that, that, that this existed. I didn't know that.

Jon Vroman:

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I didn't know that front row dads was, was there and that community existed in that way. I mean family, men with

businesses, not business with men with families that that changed everything that that one line shifted my entire thought on what you're about, what this community is about, what this brotherhood is about and what this group was about. And I would say if you are a dad or an entrepreneur or a father or husband and that resonates with you, this is a great community to be a part of because it's unlike anything else I've seen. And I'm looking, I haven't talked about this with you yet, John, but I'm hoping to start to build a European part of this brotherhood here across the pond because you know, I'm an American living here in France, but I'm sure there's, there's guys like me, I know all over the world.

Jon Vroman:

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And so when you've got that message to share, let's start putting the troops out there and let's start making a difference in, in all corners of the world. So I'm, I'm happy to be a part of it. That's cool man. And we were talking pre show about visions of the future and one of the questions is showing up for me, and I'm talking with some of my friends and fellow brothers here in the, in the front row dads is hey, what would it look like for this thing to be operating in 100 countries, 100,000 brothers part of this and a business that could be looked at as a hundred million dollar business. You know, what does that look like and how many opportunities does that provide for people and how many connections are made and how much wisdom is then shared with a solid network unlike anything that's ever been built in the world before. And I don't care if anybody ever my

Jon Vroman:

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name in that process. I just want to be a part of building the network that allows for men to share this concept because these are things that I think we all have agreed on. I wouldn't even say it. They're my ideas. They're out that have been cultivated by a community. And I just happened to be somebody that's asking some questions, building some bridges, connecting some dots. [inaudible] focusing my attention there.

Derek F:

[00:59:45](#)

And you're delivering that message. And this is something that I w we believe and we share with our clients, is that, you know, when you've got a message that resonates so strong and you believe in it, and that's that, that driver of the purpose and mission, it's never been about you. It hasn't been about you and will never be about you. It's about the, the ripple effect. It's about the impact that that can have. And when people really get that and they realize I'm just a messenger, I'm just the vehicle and, and, and let this come through me to make the impact that I know I, I want to make. And it can make, uh, that's where a significant change can happen in a big, big difference. So I love that. I love that

Jon Vroman:

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front row dad's France, San Diego Charter member right here. Hey, thanks again, Derek for your time today. I really appreciate you open it up talking to us about your world. And again, man, just looking forward to building our friendship in the years ahead. Thanks so much John. Appreciate it was great chatting with you. Hey guys, if you haven't already done so, go right now to [front row dads.com/facebook](http://frontrowdads.com/facebook) and join the conversation that's happening right now on line. We designed this group for guys who are entrepreneurial in their thinking that are high performing guys with low egos. We're looking for the dads that believe in teaching their kids how to think, solve problems, and be real leaders. We're looking for guys who believe in being family, men with businesses, not business men with families. We're looking for the fathers who have great knowledge, but also believe that they have so much more to learn.

Jon Vroman:

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And we're looking for men who want to add value by sharing their wisdom and those that are willing to ask the questions that we all need and want answers to. That's [front row dads.com/facebook](http://frontrowdads.com/facebook) or simply go to Facebook, type in front row dads and you'll get to our group and what we put in there, links to all the podcasts and videos and other resources that you can't get access to anywhere else except for in this group. We want to give you the best ideas to help you with your marriage, balancing work and family life communication strategies with your spouse and also your children, travel ideas and even suggestions on the latest gear that would save you time and help you be more effective. We've got updates on upcoming events and so much more. Go right now to [front row dads.com/facebook](http://frontrowdads.com/facebook) and join the conversation. I'll look forward to connecting with you there. Okay.