

John Israel: [00:02](#) And ultimately good coaching is not to be someone's coach forever and I think as parents, especially as fathers, we want them to be empowered to be able to make decisions on their own and own those decisions.

Speaker 2: [00:19](#) [inaudible]

Jon Vroman: [00:20](#) all right, gentlemen, welcome to the front road dads podcast. I'm your host, John Vroman. This is the show for family men with businesses, not businessmen who happen to have families. Today. We've got a special episode. Two of my friends drew Tupper and John Israel are here. What's up boys? Welcome to the show.

John Israel: [00:37](#) Thanks for having me. Thank you.

Jon Vroman: [00:38](#) We're going to talk about coaching today. We're going to talk about how to do it the right way and where we have failed. Before we get into that,

John Israel: [00:45](#) let's talk

Jon Vroman: [00:46](#) a little bit about you guys so that anybody out there listening just knows a little bit about your world. First of all, let me go to drew. You had been with your wife for 18 years. Two kids, a nine year old boy, a six year old girl. You are a professional coach. You help family, men meaning dads and husbands, and you live in the Caribbean. [inaudible] super jealous about that. So welcome to the show and Izzy. John Israel, or as known by his good friends is he as a long time buddy of mine. He's also a fellow front row dad. He lives about three hours North of me in Dallas. A has been with his beautiful wife, Monica for 13 years, has three kids, including a new eight week old baby. Brought into the family. But the leading the way, he's got a five year old and a three year old. Cutest kids in the world. But for the record, I just have images. By the way, John

John Israel: [01:38](#) of

Jon Vroman: [01:38](#) who was it? Was it Anderson who is in this little red car? And Monica would take him all over the world and this, I remember she would travel with this little red car.

John Israel: [01:48](#) Yeah, we've got bumper stickers from the Caribbean. We went from, when we went to The Bahamas from just anywhere we would go, we'd bring the red car and then we get a sticker on the backs, like a bumper sticker for [inaudible]. So cool. So in

our little red little red car, it's got like Austin, Texas, Portland, Oregon, just like stickers all over it. It was the coolest thing, right? It's like literally having a guitar, you know that you've traveled the world. But for kids it's really neat.

Jon Vroman: [02:12](#) And one interesting thing about John amongst many that I could list is that for a year, John committed to writing five thank you cards a day for a full year without missing a day. It made such an impact on other people's lives, on his life that he ended up writing a book about it and now speaks about this program. And that's why so many people refer to him as mr. Thank you. So Johnny Israel, welcome to the show.

John Israel: [02:36](#) Thanks for having me.

Jon Vroman: [02:37](#) So guys, let's just jump right in. We have busy schedules today, limited time to talk. So let's jump right into this conversation of coaching. I wanted to get here largely because I continually make the same mistakes as a coach who is a family man. And what happens is I ended up coaching where I shouldn't and it really sparked a title

John Israel: [03:00](#) that I can thank you for John, that uh, this idea of where we often mess up as coaches in our feelings, like just having more skills doesn't always equate to total success. Right? I'm going to figure out the coaching elements so that I'd never messed up as a dad. Not going to happen. We know you both are great coaches, you make money as coaches, you can teach people how to be great coaches and we'll get there. But let's for fun start with where you've messed up your families with your coaching skills. John, let me go to you first buddy. What comes to mind when I talk about making mistakes at home as a coach? Yeah, so, and this is a bit of a distinction on coaching and advice giving. And it's kinda funny because before someone's portrayed as a professional coach there is just like, well, what is coaching?

John Israel: [03:47](#) Well, you know, it's just a, you know, it's telling people what to do and giving them perspective they're not seeing. Well, she would agree. Like on the, maybe the sports side that is accurate. And, uh, but before, you know, ever really being formally trained as a coach, I mean, gosh, that, that's just what I was with my wife. You know, it's like as a business person, you know, I, I have coaches and I have people who like helped me perform. And um, you know, I just remember one one day coming home and I was just, Oh no, I was waking up and I was like lit, right? Like I did my miracle morning, I'm fired up, I'm positive. And I'm like, Hey sweetheart, what's going on? And I

just like had this all this energy and she just looks at me just like, no, thank you.

John Israel: [04:26](#) And just that. And then she literally had to tell me, she's like, okay, you're right here. I need you like down right here, because I didn't get my sleep last night. I, you know, the, the kids were keeping me up. I got this, I got to prepare for today and just, you know, I'm, you know, I'm sorry, but I just wasn't ready, ready for you to be there. And so for me there was like this lesson of, you know, coaching isn't just like showing up and, and just being the best at and expecting everyone at their best. It's really, it's showing up and listening and that was right off the bat, just not a great way to start the day. And, and it was a lesson, you know, and among many other lessons where I've tried to fix my wife or a correct behavior or in like, like, well what if you try this and it doesn't really work very well.

John Israel: [05:06](#) Johnny, how do you bite your tongue? Because I know like literally the words are about to roll out of my mouth like I'm giving advice or I'm asking a question, which I'm just asking a question but really embedded in that question is massive amounts of like, you know, critique and advice giving, right? Like I'm going to frame this critique as a question because that technically makes it okay. It doesn't, how do you bite your tongue on that and how often are you messing up? Cause me, and this is an ongoing struggle, I'm just, I'm asking personal need here. And so, you know what's funny about that? And everyone's got their different outlets of how they process things. But I'm a journaler. So for me, um, you know, some people are like, Oh, I want to pass my journals onto my children. And I'm like, I'm gonna burn mine when I get cremated because I don't want anyone reading this stuff.

John Israel: [05:53](#) Because, you know, for me, I'm a, I'm a highly emotional person and sometimes I feel are, I want to see something and it doesn't, it's not the right thing. And so for me, it's really just been a practice of like, if I'm upset or pissed, I will literally grab my journal and I'll write what I'm thinking, like no filter. And then I'll look at it and I'll be like, okay, do I really like what's going to happen if I say that? Yeah. And what's generally happened is that what's helped is before, like even if I still be like, okay, I need to, I'm not going to say that, but I'm going to confront her about blank. Right. Whatever the issue is and what I always try before I say something is I just ask a question to really just get her perspective, like, you know, so, so what are you feeling right now? What do you like w you know, uh, you know, how are you feeling about blank that's going on? And then just getting that, asking the question gives me enough time

to number one here, a perspective that is gonna oftentimes deflate my upset and it just gives me the space to kind of be like, Oh wow. Like, yeah, I need to just chill out because she's got a way harder life than I do. Stand at home with the kids dealing with everything, you know? Yeah.

Jon Vroman: [06:55](#) Drew, I'm going to come to you in just a second. I want to ask you the same question, but Johnny, one last question on this train of thought is, do you think that that question of how are you feeling is the most powerful question of all, do you think that as a starting place, if a guy's like, give me something to lead with, give me step one. Do you think that's the most powerful opening question?

John Israel: [07:17](#) Well, I think that we're all emotional human beings. And that is what, when, when someone tells you how they're feeling, right? Like their, the, the analogy I love to use is like a snow globe, right? So when we have major emotional charge, when we're upset, imagine, it's like you take a snow globe and you just shake it, right? And it's just hard to see. And then with time, you know, it, it allows it to dissipate and fall to the bottom. And when you ask somebody how they're feeling, it speeds that process up, right? It allows them to just voice what they're feeling and the emotions and just them doing that. You know? The other part is that there's an actual coaching term called acknowledging and validating, right? When someone says, this is how I'm feeling and this is what's going on. And then just to be able to refer back and say, wow, it sounds like it's really upsetting you when this happens, or Oh, what?

John Israel: [08:03](#) And just saying that has, has somebody like their, their craziness that they're feeling because we all feel this women, men. But when they get, when someone hears them and they can like say, Hey your normal person think or feel that way, it's like they say, Oh, it's like they can finally relax and it's like that snow globe just kind of all settles to the bottom and then people can think clearly. They can, they can speak clearly. And I don't wanna say their, you know, we, we get past the emotion to get to, I don't want to say the logic, but like the clear thinking aspect of what we're trying to discuss.

Jon Vroman: [08:33](#) Yeah. I so struggled with the acknowledging piece of like repeating back to somebody because it felt so childish to me of like, so what you just said is that you're feeling really upset and angry and it's like, why do I have to say that? Of course I heard that I'm listening. Like why do they need me to repeat that back? But boy, when I've tried it, that's been such a big thing.

And when people have done it to me. So John, if I get you, what feeling is this? I'm like,

Speaker 4: [08:56](#) yes, that's exactly how I feel. And like it works on me. So why would I not think of it? Wouldn't be effective with other people to acknowledge and empathize and just repeat back to them what they said. So it's so great. [inaudible] jury, let's go to you man. Where have you messed up your family with his coaching strategies? Yeah, man. Thanks. Um, when I'm coaching, well, I'm doing a lot of listening and holding space and creating space. And so I know if I'm imagining conversations with my wife right now, I know that I'm not being a good husband when I'm not doing that, when I'm not listening and really caring about what she's thinking and feeling. And so when I hear myself talking a bit too much, you know, like you mentioned giving advice and not validating. I know, I know that I'm getting into that advice giving and teaching and guiding, which in the beginning I thought was like what John said, a good coaching, you know, here's a problem.

Speaker 4: [09:59](#) Let me fix it. Tell me your problem. I'm going to fix it for you. I'll give you a couple things you can do. Boom. But what I've learned is that really good coaching really is about listening, holding space, creating space, and really caring about the person that you're across from and what they have to say and letting them know that you care about them. And just like you guys said, validation is huge. And I love it too. When someone says back to me what I just said, it sounds so simple, but it feels so good. And like you said, uh, John, like if I like it, then why would I do that for somebody else? And so there have, I, I have to admit, there have been times where after a conversation, you know, halfway through or even at the end, I've realized that I've been coaching my wife not in a great way.

Speaker 4: [10:49](#) And I haven't been creating space and I haven't been listening. I haven't been validating. And I've had to apologize at the end, I've had to say, you know what? I think I was trying to steer you somewhere there. I think I was trying to fix your problems and that's probably not what you want. You probably just want to be seen and heard and feel like I care about your life and so I've had, I don't want to say how many times I've had to apologize, but there's been a number of times. Yeah. You know, I think what you just said there is really important in that dialogue. What I heard you say drew is that you know this idea of, Hey, I just want to own the fact that I think I was trying to steer you there. Right? I've been noticing this not only with myself but with other people too, that the distinction of asking questions where you're fishing for the answer, right and where you're

really trying to steer the dialogue by asking the questions cause level one of coaching. Maybe just ask questions, stop talking so much and ask questions. But then we started realizing that just the question isn't

Speaker 4: [11:53](#)

enough.

Jon Vroman: [11:54](#)

It's what question we're asking and what is the heart behind that question? Are we really trying to get them to see, you know, does it feel good little Billy when you're acting like an asshole? Like that's a question you told me to ask questions if I'm going to be a coach. But it's like, no man, it's really so much to the question. So let's get into that. Let's actually get into, if coaching is about listening and asking great questions, let's talk about the strategies of how men can do this, both in their relationships with their wives and with their kids or in any situation where they're at home. What advice can you give men on structuring the question and how to be an active listener? Right. So let's get into that. Drew, let me just stick with you and what's your gut reaction to that?

Speaker 4: [12:41](#)

Well, as you were saying that, I was thinking when you ask a question, ask it honestly and in a way where you don't know the answer, you're not expecting the answers. A lot of smart guys, they like to think two or three steps ahead and, and that works in some places. But in your relationship where the listening is actually the glue that holds you together, you have to be willing to really deeply be present in that moment with your spouse or your children. And you have to allow for whatever that whatever comes up is real for them. Um, and, and to, and to see that and to validate that. And so when before I come into a conversation where I really want to connect with my, my wife or my kids, I kind of get myself set. I create a mindset for myself, which is going to be like, listen, if you want to connect here, you've got to create some, some intentionality and some safety in this conversation.

Speaker 4: [13:47](#)

So get your mind right and ask them a question with the intention of really caring about what the answer is and the difference between that. And you know, more of an autopilot kind of like how was your day or, or a question as a throwaway question is completely different. People can, I mean, I know the difference. My family can feel my presence, what I'm intentional with them. And I asked him the question that I really wanna know the answer to it. So for me it's about getting myself set before I have the conversation. What does that look like? How do you do that? Well, it's been a PR man. It's been a long journey. Um, because so often we're in these, um, quick back

and forth sometimes, you know, it looks like, what's the word I'm looking for? And like not bickering, but, um, anyway, uh, so it's been a long journey for me to get to the point of being really self-aware in my life.

Speaker 4: [14:48](#) And so there's nowhere where I want to be more self aware than at and with the people that I love the most. So I've, I studied a long time and worked a long time on becoming really aware of myself in the present moment and to also create this idea that home is this refuge where we are all going to be really present. I'm going to lead by example in that regard and we're going to really care about each other and whatever was thinking and feeling and it, it creates a really nice safe, nurturing, peaceful kind of vibe at home. Hmm. I just want to expand on that for just a second because years ago I had read a book called how to remember every name, every time. And you know, there's a lot of strategies on how to remember people's names when you meet them because it's so common for people to say I'm terrible with names and there are real techniques and strategies that people use to memorize all sorts of things.

Speaker 4: [15:43](#) But there's also one strategy which is just care in its heart. It sounds so simple, but it's like you really have to care. Like when they say their name, you really have to be listening and caring about their name cause there's not a technique or a strategy behind that. It's just being fully present. And somebody says, well what does that mean? Or how does that look? And yeah, sometimes I think it's like when I met my wife and I knew that she was the one that was the indicator that we were supposed to be married and somebody would say, then later knowing that I had been happily married, they would say, I'm dating this girl. How do you know when she's the one? And you go when you don't have to ask that question. Yeah, that's my answer. Right? And it's kind of like that with presence where if you have to ask if you're fully present, you're probably not there.

Speaker 4: [16:31](#) And yeah. Yeah, I agree. And I could add something. There are some strategies that I studied myself and I teach, which is, um, it's embodied presence, right? So if my body's not here and if I can't feel my body and I don't know what's happening in my body, I'm not in the room, I'm in my head. Maybe I'm thinking about somewhere else. But if I could feel myself and I could feel present and I could feel grounded, I know where my feet are, you know, I know what my belly and my chest feels like. I'm in there. So there are things you can actually do aside from caring. But caring is huge. It's a great starting place. But there are actually some strategies including these embodied a self-awareness exercises. And also something I used to do was when

I was learning self-awareness, I'd set an alarm on my phone, like for every 30 minutes to check in with myself and see how I'm doing, like f'ing what's going on with me and get present and retrain myself to come back to the present to my body and to myself. And so now when I'm with people like I'm with you, I'm like dead centered. They don't focused on you. And uh, I didn't have that before. I was kind of floating around, not really paying attention to the people that I was with. Yeah. It reminds me of Leo Tolstoy's

John Israel: [17:50](#)

three questions. Have you ever read that book that he's got a children's book? It's really powerful. It's like who's the most important person? When is the most important time and what's the most important thing to be doing? And oftentimes it's like the most important person is the one you're with. The most important moment is now. And the most important thing to be doing is serving in the moment and giving what you can in that space. So I love that. Johnny, let's go to you buddy. What's your take on how has you being a professional coach and the skill set that you've learned there been applied positively in your family to make a big difference? What does that look like? Yeah, so I remembered a real breakdown story. Can I share that? It's related to all the failures [inaudible] cause we all remember when they failed again.

John Israel: [18:37](#)

So it was funny, we were actually going through it. My wife and I, part of our process, by the way, it's really served our marriages. We've done a lot of personal growth together. So we've done a lot of courses with landmark education, which they're pretty much all over the world. So I think anyone can have access to it. And I remember we were going through one, are there seminars where you, you set an intention, you set a goal. And this was actually before we were married, but we were like, we're, you know, pretty solid together. And I remember like, okay, I was like, okay, my goal is to have the like a level 10 relationship. And I was like so committed, it was a 10 week long program and I just went after it and I made this list like what is the level 10 relationship look like?

John Israel: [19:15](#)

And his head, all these things to do and things to say in questions like all the questions to ask and how it would look. And by like week seven or eight like our relationship was terrible. Like it was just totally falling apart. And I remember being in that in that course and I don't remember what was said, but I just had this epiphany and John, I literally had this intention to create a level 10 relationship and nowhere did I ever say, I wonder what level 10 looks like for Monica. And I, and I actually asked her, I said, Hey, what does level 10 look like

for you? And then she said, well, let me tell you. And then she shared all this wisdom and all these things that I was doing that didn't even matter, but what you really cared about. And it was just like, Oh my gosh, like it's so simple like what we, what cause success to everybody looks different.

John Israel: [20:05](#)

But when you're in a relationship, you have to have that clarity for each other. What are your roles? What are you creating together? And if I was to bring like a lesson around that, that's kind of, I would say that, um, in coaching and professional coaching that we always get to on a call is we say, well, what is the outcome of our call? What is the intention of our interaction today? Now you don't necessarily know. The thing is you don't necessarily need to ask your wife that. You need to ask yourself that in the interaction. Because when you're in it, and this is with children, this is with your wife, this is with anybody say, well, what is the intention of this interaction right now? And when we get really present in the moment, we can catch ourselves and say, well, the end, the intention, I'm acting out of his being, right?

John Israel: [20:46](#)

The intention acting out of right now is to, is to get my way or to get this done faster, that we can, you know, move on. Uh, a beautiful, um, uh, a beautiful definition of the word or understanding of the word education, right? The, the root word of education is a Duco, which means to draw from within. So when it comes to good coaching, good coaching is actually helping people be empowered in their decisions so that they're more empowered in life. So that's why at the root of good coaching is good questions. So, especially with, with children, right? Like with my son, with Anderson, you know, when I think about times when I'm just, uh, like, you know what, I've not done it right. And when I've done it well is w the, for example, when, uh, when he hits his brother, right? We've got, uh, a three year old and a five-year-old.

John Israel: [21:33](#)

So they're, they're bickering constantly. And so invariably someone will hit the other or you know, they'll do something, they'll take a toy away or you know, usually it's a bigger one, pushes them over and I have to stop. And you know, I've usually been don't hit your brother. But then what I've learned that actually is effective is when I say, Hey, um, how would it feel for you if Rohan hit you? I wouldn't like that. Okay. So what do you think is the right thing to do right now to apologize, right? So, and that's when people own their decisions and they're more empowered when they are making their own decisions rather than, um, you know, just saying, do this or don't do this. Because then they grew up just thinking that people need to tell

them how to live life. And ultimately good coaching is not to be someone's coach forever. Right. And this is on the professional side. And I think as parents, especially as fathers, our goal shouldn't be there. Our kids need to come to us for every little thing that they need advice on. We want them to be empowered to be able to make decisions on their own and own those decisions.

Jon Vroman:

[22:35](#)

What's up guys? Hey, I want to take a quick second to tell you about our next open enrollment for you to join the brotherhood. This happens twice a year and our next open enrollment is November 1st through the 15th you might be asking what is the brotherhood that's currently a group of about 120 high performing, hard-charging entrepreneurial men who've decided that they not only want to keep growing their business but that it's more important to grow their life at home as a husband and as a father. Our group of men gets together and they have valuable discussions around five key areas of family life, thriving relationships, which is really your marriage, intentional parenting, which is consider that education integrated living, which many would call a work life balance, emotional mastery, your self awareness and the awareness of your family, a consciousness and then of course vibrant health for all.

Jon Vroman:

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A couple of times every month our members hop on a video chat. We have active conversations on the most important subjects relating to family life. Guys share their best ideas. They ask their most pressing questions. We cover all the ideas that help guys that are new families and guys that have teenagers that may be finishing high school. The conversations are real and raw. We challenge each other to grow. We have challenges throughout the year for our community. In fact, as I record this, we're just in the middle of one where we're doing something amazing for our wives every day for the month of September and we've created a space to have conversations that aren't happening anywhere else in our lives. You know, many of us have business masterminds that were a part of, but only a few have family masterminds that they're a part of. We even have a membership area where we host all the replays from our calls, which is accessible from an app so you can listen on the go while you're working out on a walk in the car, whatever you're doing.

Jon Vroman:

[24:12](#)

We have small groups within the brotherhood called bands, usually four-ish guys per band and we also have two retreats per year that are around 40 or 50 guys. You can see a few of the videos on our retreats and what a band is about. You can read

about all of that@frontrowdads.com the brotherhood is designed for men who wants to be family, men with businesses, not businessmen who happen to have families. It's designed for men with wisdom who are also wise enough to know that there is more to learn and one of the things we say in our brotherhood is it's not always about new, it's about true. It's about reminding yourself and others about the core principles that make it all work. This is for men who value the benefits of working on their business versus in their business and they understand that the same rules apply to our family.

Jon Vroman:

[25:00](#)

Like I said, the next open enrollment is November 1st through the 15th. We'll be posting about this in our open Facebook group, which you can get to by going to front rowdads.com/facebook connect you right to the group and also we'll send out notifications through our weekly insights email. If you're not getting that, you can sign up for that at front rowdads.com guys, I just want to say this group isn't for everyone. We know that this is for high-performing hard charging. Entrepreneurial men who want to invest in their family is like they would anything that's important in their lives. This is a unique community. There's nothing like it anywhere in the world. And uh, if it feels like it's the right brotherhood for you, join us in November and I'll look forward to talking with you on a future call or meeting you at a future retreat.

Jon Vroman:

[25:41](#)

How do you not ask a leading question? How do you stay open and curious? And maybe you said another way is this. I often start open with the questions and I'm really trying to be genuine and curious. And then I'm getting frustrated that it's not going fast enough or not. We're not getting it done. And I'm like, we've got stuff to do. Let's get to the outcome here. So then I'll just start. I think the sarcasm sets in a little bit. The tone changes. I get a little edgier. I can feel my body shifting that I'm getting triggered and I'm not staying open. I'm like, then I'm definitely leading. I'm definitely fishing. I'm trying to create an outcome that I want and trying to get them to say, and they probably even say it and I'm like, exactly. Exactly what I wanted you to say. So how do we stay open and curious? True. Yeah man, my friend Jason McKinsey taught me this thing. I'd rather be effective than, right. Yeah. And so when I enter into a conversation, that's the way I want to enter it is like how can I be of service? How can I be effective, effective

Speaker 4:

[26:44](#)

here for you. But I feel you, man. I have been in that situation before of trying to steer the conversation in a way. So I facilitate an insight. And even if I do, the funny thing is I realize even if I, if I do get to that point where I facilitated that insight, there's

some, there's some residue left. I know in the ether, in the air, that doesn't feel so good. It's like I've forced a forced someone to do something. Is it like manipulation in a way? It's not coaching and yet it's a bit, it's a bit of key, right? It's like, you know, yeah, it is coercion. It's a bit of manipulation. And um, so what I had to do was get really humble and trust, which is hard. It's super hard because it's like, well, you can see how if you don't trust the process or the person or the world, you could be like, no, no, we've got to get here.

Speaker 4: [27:45](#)

Hurry up everyone. Let's go. We're going this way. This is where we need to go. I know it's the way. And so there's this, I don't know if it's a spiritual of faith thing, but definitely what I think of is I think of trust where if I'm here and I'm present and I'm being the best that I can be and I'm serving and I'm being, I'm trying to be effective rather than right. Then the right thing is going to happen. Things are gonna unfold as they should. And it's tough because it's humbling, you know, especially in a juxtaposition to the idea of like, I know where this should go. And that's ego, right? I mean that's the ego and that's coming from a place of fear. And that's coming from, we usually have like, I don't want my kids to be hurt. I don't want my wife to fail cause that'll make me look like a failure or a family looks like a failure.

Speaker 4: [28:33](#)

Right. And then what do we have? It's usually I'm at a place of fear. I find it really hard to do with kids too. Cause my, my wife has grown and she's accomplished and she's smart and she's, you know, she's killing it. Woohoo. My kids, I get protective. I get, I get worried and I get nervous and so I want to almost like, you know, instead of empower them, like John was talking about, I try and give them a little sneak preview or tell them what's going to happen or tell them what to do or what not to do and it's like, you know, it really is not as effective as trusting in the process and facilitating the empowerment and their own ability to discern and to decide and to ultimately become independent and their own little, you know, kickass members of society. It's tough. I'm trying to summarize in my own mind what this really means. Is it the trusting leads to transformation? Is that often what happens? It's not the controlling so much to get to what we want, but just trusting, right. It can oftentimes lead to the transformation and trusting perhaps is the thing that creates that. When

Jon Vroman: [29:41](#)

you say holding space, maybe what people need is they need an environment where they feel like they're trusted to make good decisions there. To trust their, to trust their intuition, to trust those. Right. That maybe that's part of it. Like part of how we hold space is by creating that trust [inaudible] that person that

they will land on where they need to. It's a gigantic leap of faith as far as I'm concerned. But I did it because I thought it was the right thing to do. And then I saw the results and then I saw my kids becoming more of who they were, more empowered, more independent, feeling good. And I was like, okay, I think I'm onto something here. And uh, so that's what you get. It's tough to jump into. But then when you start seeing the results, you, you know, if you're a smart enough guy, you'll say, no, this is, this is the right way to go.

Jon Vroman:

[30:33](#)

Let's transition here a little bit for the last like seven minutes or so that we have to play with your, let's talk about other people coaching our kids. And I'll set this up with a quick story, which is that I was visiting with my son tiger, he's 10 for anybody who's out there listening for the first time. He's talking with his teacher. And I feel very educated in this space of growth mindset, the Lasano line three to one, five to one positive to negative comments. And we've been getting this report from his school that basically points out where he needs to grow. And my point to the teacher and to this system was I was trying to coach them in coaching my kids in that, Hey, we should be catching their strengths. Also, if you're only sending home a report that says this is where they're deficient, that's not good. And I really stood up in that sense. So my question is ultimately around as parents, we don't want to be helicopter parents where we're overseeing everything and protecting our kids and managing every right, but at some point, where do we need to be involved in coaching the coaches or selecting the right coaches? Right? So I'm getting into like teachers, sports coaches, all that stuff. So how does that show up for you? How should men be involved or not involved? Israel, you want to take that one? Sure. Uh, homeschool your kids. That's what we do.

John Israel:

[31:59](#)

That's not a good idea for a lot of people. [inaudible] there's a lifestyle attached to that. But honestly, John D that is a reason we chose that lifestyle, which was because we had more control over the influences of our children. He doesn't just get a second grade teacher, he gets the influence and it's not just my wife all the time. He's going to co up where there's multiple moms under a specific, a homeschooling philosophy where they, you know, they get to, um, uh, they're taught certain things and you know, gosh, in all transparency, my kids are, are pretty young, so I haven't had too many experiences with that. What I can tell you is that we had, um, we have had to break relationship on experiences where there, um, and there was a family that, uh, just really live philosophically different from our family. Um, on

a fundamental level, on just something we just, you just uncertain beliefs in how they approach raising their kids.

John Israel: [32:51](#)

And we had been close with them for two years and it was so hard. And we, my wife and I, we just had a conversation and it was more her than me cause she was spending time with this other mom and she was just like, gosh, I'm just so, I'm struggling with this. Like I, you know, cause if it w the cause ultimately, right? Kids also influence our children's kids. And so, and that is a derivative of the parent's beliefs in their lifestyles and their philosophies. And so, and there was an interaction where something occurred where we're like, that's, that's, that's a line that we can't, we can't cross a w that we don't want our kid to be swimming in that pond. And so we just, um, we didn't like just stopped returning phone calls or anything. It took some time, but she had to slightly rebuild a little bit of community around really the supportive network of who, um, who she wanted to be around.

John Israel: [33:38](#)

And so for us it was, um, what's great about experiences like that Jonny, is that it allows a parent to be more fortified in their own philosophies, in their beliefs so that they can stand strong and firm with their children regardless of the environment that they're in. But also to be, to be a stand at their kids are in the right environment, not thing you're, you know, probably that's probably, that's one thing I've added probably, you know, a dozen great things about the school that your son's in. Right. Um, so as far as that goes, we're, we, we do get protective of the environment, um, in respect to making sure that it aligns with our philosophies as families, as a family. And, um, yeah, I mean as far as like having that like conversation, we've just kind of designed it to life to I guess just be in the conversations that, um, are aligned.

John Israel: [34:24](#)

Yeah. I don't know if that really honors, you know, what, what your question does. It does. Because part of understanding coaching is not only how you talk to your wife and kids at home, but it's being aware enough about what good coaching looks like that you would want to say no in certain situations where something's toxic and you'd want to create a new environment or make changes or where you could be in pursuit of something. So we've had situations with our sons where it's like there's a gray area I feel that requires you to be involved to make a good decision cause it's not black and white. It's like, Hey is that situation, it's tough. That's actually good for him. He should be in a tough situation. Everything shouldn't be perfect. Right? So I'm going to let that actually ride out or no, that's situations like clearly you're going to be damaging psychologically.

- John Israel: [35:09](#) There's no like, Oh he'll be tougher as a result of it. It's like, no, get him the fuck out of there. Right. That's done. And then there's another one where you're just like, that's one of the best coaches and I don't even care if that's the sport that I think you should be playing. That coach is amazing for his soul. Right. And so I think there's a lot of dialogue there, but really what it involves is a dad's stepping up, being engaged enough to know their kids and know the situation. She would be present enough to make powerful decisions. That's what I think is the most important piece. Yeah. Barry,
- Speaker 4: [35:38](#) what's your take on all this? Man? I love what you guys are saying. I love what, uh, John Israel just said, and that's, especially when your kids are young. Uh, because those first six years are super important. So the environment that you choose, you know, the environment that our kids grow up in influences, influences them so much. They become their environment and their environment becomes them. So there's no really messing around for me, you know, during those early years, maybe later on we can put them in more and more challenging situations where we, you know, grow, help them grow their resilience. But early on you got to have the right place. You got to have people that you trust and that you're aligned with. And so, yeah, you do have to be really intimately involved. And you've got to check these places out as a, as a father, know where your kid is going, know what you want, know what you stand for.
- Speaker 4: [36:32](#) Know what to know what is a non negotiable and then choose accordingly. And here's the thing, it may cost a little bit of money, like we send our kids to a Montessori. It's the best option here. It's by far the best option for us in what we're aligned with philosophically. So it's like, yep, that's where you guys are going to go it, here's the thing, even in, in the the healthy environment, you're going to have challenges. Nobody, nobody's perfect. Just the, yesterday I went in, I met with the, uh, the staff because there'd been an incident at school and my initial thought was to judge that incident and just come in with fixes. And then I slowed myself down and I got aware and I got grounded, nothing of what, what do they really need here? How could I serve them the best? So I went in and I had a meeting with them and I asked them how I could support them.
- Speaker 4: [37:24](#) I said, listen, it looks like this is happening. This is my take on it. Would you agree? We all agreed. I said, how can I, how can we collaborate on making this a better environment for everybody? And it was just gorgeous. It was lovely. They were said, yeah, please come and do a workshop for us. We'd love it. And so yeah, I agree with what both of you were saying. It's awesome.

Guys, this has been a really fun show. In fact, I wished that we had another 30 minutes to chat about all this because I think there's a lot that we could still cover and maybe we should just come back for around two sometime. That'd be really cool. We can continue this dialogue. I want to ask just an open ended. Anything else left to say that we want to wrap with today? We have about four minutes left. Either of you guys, something that was on your heart, something that you wanted to communicate to the dads out there listening or the moms or whoever's listening to the show.

John Israel: [38:12](#)

Uh, yeah. And I think I want to continue on a thread with what we were just talking about with overall parenting and parents with philosophies and you know, my wife stays at home and, and uh, I've had a lot of real check-ins from myself on, um, you know, when I gave that experience, that example of, you know, there was a family and some things occurred and it was like, okay, that's, that's not that, that's, you know, there, there is a level of Hey, you know, that there's some things that are like, people have different beliefs and that's fine and there's some that are like, that could cause damage that would, we wouldn't want to deal with in our family. So let's, let's make a break. What was also there though, Johnny, was I don't think I was very convicted in it, right? Like I was like, huh, this is probably not a big deal.

John Israel: [38:51](#)

But my wife like was really upset and I had to be like, wow, this really means something to her. And what I could tell she wanted me to care about it just as much. Now, I don't think I quite got as were where she was. But what I got really present to you is there is a responsibility on the father to be aligned with the philosophies of the wife on how the children are raised and how certain things are done. Because when that, because ultimately, you know, how do you show up and support your wife, um, in life is because, um, you are on the same page of, of how you're choosing to raise your children. Right. And, and that's, you know, an example. It's so funny. I remember my mom when I was, uh, getting, uh, I went on a date, I grew up Catholic and I remember I went on a date with a Jewish girl one time and I in high school and I came home and I told my mom and I was like, Aw man, I went out on a date with this Jewish girl and she, she was like, mom was like hardcore Catholic.

John Israel: [39:40](#)

And she's like, well, you know, you can't marry. You're right. And I was like, Oh, Mary, who I want mom. And I was just, but you know, and it's, and it's funny because you know, and that was 16 year old John Israel, but you know, an a, a mature adult version of, of myself now, now actually understands where my

mom was coming from, which is that you have to be aligned in beliefs and values, um, such that you can raise your children in, in alignment so that you're supporting each other, not battling each other. And I think a lot of dads just skip that part. They're like, well that's my wife's job. That's what she does. She stays at home. I should I go to work. Well there is a part of you that if you want a thriving marriage to actually care, you know, like to act like, like you said, John, to act like there's a great, there's a great acronym, a G a S actually give a shit, right?

John Israel: [40:25](#)

Like you actually need to give a shit about your kids, your family and that shows that shows in, in how you show up for your wife as well. I think you're right, man. I think sometimes that a, and I've done this like we can almost like as a badge of honor or a playful interaction with our buddies, we'd be like, Oh that's her domain man. She owns that and it's like in some ways that's not how we are meant to lead. You don't have to dominate everything. That's not the goal. Right. It's not to enforce your will on everything or control it. It is to also not say that's up to them. I look at it like my, in some ways my CPA, it's like I don't want to become a tax pro. I don't want to do his job for him, but if I just say, Hey, I'm not interested in taxes at all. I'm not interested in my finances at all. That strategy hasn't proven successful in the past. For me there has to be like a, I'm involved cause I care and I'm involved at the level. It's like a good partner on any level. You're not there to smother somebody or to suffocate them with your opinions and your ideas, but you're there as a partner to play the game. Right. You are an active participant in teammate, not like, Hey, I forward you play

Speaker 4: [41:34](#)

defense. That's your job, right? It's like, no, let's strategize and work. That might be your position. Let we're in this together. We're in the same game. Hmm. True. Any final thoughts from you buddy? Well, I love that and so I'll, I'll touch on that as well. Uh, being fully involved. I think some dads can, um, feel out of the loop or un-involved not because they want to or not because it's too much of a hassle, but because they don't believe in themselves and they don't know if they have the background or the education or the instincts to be able to offer a, a valuable opinion on the topic of children. I know a bunch of guys like that who are, are kind of scared to, to weigh in and to really take a stand and to say, this is what I believe and this is what I feel cause they're not really sure.

Speaker 4: [42:29](#)

So get clear on what you want for your kids. And, and, and for me, that's, I want them to be empowered. Like John Israel was talking about. And so that, that frame is what I want for them. And, and the page that my wife and I try and get together on is

like, let's, let's do this together. And um, so you'll step up and be involved. Let me just circle back around to one thing too that we've talked about earlier. Um, when we were talking about making mistakes, uh, in coaching our wives or, or wrongly. So coaching our is one thing that I do is if my wife comes to me with, um, a concern or a problem at the end of the day she wants to be heard. Sometimes what I'll do is I'll ask the question, what kind of support would you like right now? And that just allows her to choose what she wants.

Speaker 4: [43:24](#)

Does she want to be listened to and just heard which she likes some encouragement and stuff thing or would you like me to help fix or help the side? And so that can clear up a lot of the problems. Cause sometimes just if you aren't aligned, uh, with regard to the intentions of a conversation, you can find yourself going down the wrong road and all of a sudden both of you are annoyed and you don't know why. But if you have the same idea and the same purpose at the beginning of a conversation at the end of it, you both feel great. No doubt about it. Drew, thanks for saying that man. Guys, thanks for being part of the show today and for everybody out there listening, thanks for your time. If you want to connect with drew or John, we'll link to their websites over at front row, dads.com this will be episode number one Oh eight. And uh, for anybody out there listening, just want to let you know also that we have our open enrollment for front row dads, brotherhood starting November 1st through the 15th. We only open this twice a year. And so if you're interested, make sure that you're on our email list over at [inaudible] dot com or at least part of our Facebook group, which free and open to anybody

Jon Vroman: [44:32](#)

who wants to be a family man with a business, not a business man with a family. Just go to front row dads.com/facebook once again John and drew. Thanks for your time man. I really appreciate you and I look forward to having another call like this in the future. Appreciate you guys being here. Thank you very much. Thank you John. Hey guys, if you haven't already done so, go right now to front row dads.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 businessmen 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:

[45:23](#)

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 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 and join the conversation. I'll look forward to connecting with you there. [inaudible].