

Jon Vroman: [00:00](#) I think this is probably true in every country, but I think if we knew our history better, if our kids knew our history better, we could be both proud Americans but also debate the politics of the day from a stronger foundation because we know who we are. What's up front row dad's John Broman here, if you are new to the show, this is the podcast family, men with businesses, not businessmen with families. I'm joined today by my longtime friend. I can say that now, Mitch Satan, long time friend Mitch Matthews, who I'm just a big fan of for many reasons and we'll get into a few of those in just a moment, but namingly your energy buddy that it's so consistent and it lights me up in so many others when I talk with you. It just makes me feel like that guy is on fire, which is actually a little bit in alignment with some of the work that you've done and so I'm excited to get into our conversation and tell our audience a little bit about you and your world.

Jon Vroman: [00:53](#) You've been with your beautiful wife for 26 years. You've raised and are raising two amazing boys, 19 and 20 and ultimately, yeah, we were talking about this earlier. What you're doing professionally in the world is helping people figure out why they're here on earth. And you do that a lot through coaching programs that you are conducting, including helping other people be better coaches, which is amazing because of what you've been working on for so many years when it comes to people's dreams and coaching people to ultimately find out what makes them come alive. That's what we want to do as parents. [inaudible] you've got a little experience in this game, so let's get into this man. Well, let's do it. Oh, thank you so much Jon. This is awesome man. This is like a family reunion you want to be at. Yeah, this is, this is good.

Jon Vroman: [01:41](#) And if you know, just for a little context here, we met at best year ever blueprint back. Yeah. 2000 what? How's first in that house? First Luke 1215 God was it, I dunno, you rock the stage, dude. You blew my face off. It was awesome. It was awesome. We had a great time, man. That was a fun event and that was, and now it's just been, you know, we've, we've kind of gone into our own paths but then drifted back together, reconnected randomly over time and yeah, I'm excited to hear what's going on in your world. Let's actually start with an update on what can we celebrate with you man. What's exciting right now in your family life, in your personal role? My wife and I have landed on the language. It's complicated. Yup. Because one of the, our biggest goals has been accomplished, uh, or at least a milestone [inaudible] this summer.

Jon Vroman: [02:34](#) But also it's tough. Our younger son, we have two boys, as you mentioned, one's 20, one's 19. Our younger son just graduated from high school last year. We live in Iowa and for the last three years he's known he wants to go into acting. Uh, we shot our first short film when he was eight and his brother was nine. Uh, we storyboarded out a Lego agents movie where there was live action agents. And he told me just a few years ago that like that that's what he realized. Like I liked this acting thing, but he fell in love with it. And so we basically, he started to chart his course towards that in high school. He and his brother made 30 more short films. Um, they both wrote them. They both like writing, but our older son loves to be behind the camera. Our younger son loves to be in front of the camera, so they work with their friends, all that stuff, costumed everything out, all of that.

Jon Vroman: [03:25](#) So 30 short films over two and a half year periods. Amazing. But this summer we from Iowa flew out to LA and left him there. He started a, at a school, it's an acting conservatory out there in the heart of LA. Live in his dream doing it. Okay. We couldn't be happier for him. Couldn't be more excited for him. But at the same time, this is one of those dreams where this probably been the toughest dream to walk out because it's absolutely, we know what he's supposed to be doing. [inaudible] couldn't be more excited for him. We couldn't want it more for him. At the same time, man, we are a tight family. This is the first time we've ever had a long extended period of part. Um, and so [inaudible] it's complicated. It's beautiful, it's amazing. And it's complicated. Yeah. So it's fantastic. You know, it's a, it's an interesting thing, an interesting dynamic about watching your kids live out their dreams.

Jon Vroman: [04:19](#) And I want to get into that. And I know you've spent a lot of time talking about dreams professionally during gathering, and it ultimately, uh, let's, let's just set the stage there for a little, for a second about what that is. I know you've told this so many times you can do it. Yeah, no, no, it's totally cool, right? Brevity. But yeah, relative brevity cause we're both storytellers. [inaudible] it's dangerous, right? So yeah. So we do these events called big dream gatherings. Now we do them all over the country. Uh, but it started as an accident back in 2006 I was working on one of my own entrepreneurial dreams, creating a product and everything had been going great. And then a very short period of may of 2006, everything had fallen apart and we were out of time, out of options, out of money. And I basically was trying to figure out a quit.

Jon Vroman: [05:06](#) And in the midst of that realized I was trying to do this thing by myself. And so I talked with my wife, which I joke, but it's absolutely true. I'm married up. Uh, but this is definitely the example where approves the point because we were out of time, out of options and out of money. And my big solution was to throw a party. But basically I thought, let's invite some friends to our house. We need help with our dream. Uh, but I'm guessing there's other people that need help too with their dreams and maybe it's just they need help figuring out what their dreams are. So I called it a big dream gathering and they sent out an email and put in the subject line, big dream gathering. Cause I thought if I called it a big dream committee, no one would come, did that party.

Jon Vroman: [05:42](#) Right. But I said big dream gathering. I sent out this email to 30 of our friends. We thought we'd do this thing on a Tuesday night, which was just the invite our friends over, have them write down dreams and goals on sheets of paper, have them put them up on the walls and then we just go around and see if we could help each other out. Mmm. And it was supposed to go for a couple of hours that Tuesday night, but people shocked as I sent out 30 invitations, 29 people took us up on it. It's supposed to go for a couple of hours. We lost control of it and it went for a full week. [inaudible] those people started to invite people, total strangers started hearing about it. It was absolutely amazing. It was really cool and kind of weird all at the same time cause we lost control of our house. But it was amazing.

Jon Vroman: [06:21](#) I mean the, the roof just came off. Um, and, and literally we got help with our, with our dream. We were able to get the product in stores by Christmas. A bunch of other people got help with their dreams. But the biggest thing was people just kept saying, not only thanks for giving us space to dream, but also thanks for reminding us to dream together. And so initially we just thought it was a one off thing, but one of the people that was at that big dream gathering wound up getting help to go to Africa and help these orphans that were over there. And she's like, you guys have to do it again. And my wife said, we do, but never in the house again. Cause that was weird. And so we just did it. Uh, we, we did it one more time. We said, uh, in a warehouse downtown Des Moines on the anniversary of that first one, and we had 300 people show up, which is really before Twitter or Facebook or any of that stuff.

Jon Vroman: [07:08](#) And so then we thought, well, maybe we'll just do a once a year. And then we started doing an annually in Des Moines. But by the third time we did that, we had people from six States. We

had TV, we had news, newspapers, uh, show up. Um, and then somebody in Texas invited us to come. And so now we do them literally all across the country. I was just in Oregon last week doing one in bend, Oregon. Um, and it's that same thing that happened at our living room, but now it happens in huge spaces where I do a keynote at the front end. Uh, but everything else is just like our living room. So people come write down their dreams, post them on the walls, and then we go around and see if we can help each other out. It's absolutely amazing. It's so cool. And you know, I wanted to use that story and of course I knew parts of that parts that I had forgotten, but I wanted our audience to hear that because I want that to be a little bit, I want that to pave the way for the questions I'm about to ask, which is all right, let's go back to your kids.

Jon Vroman: [08:00](#)

You talked about storyboarding and making these movies and I just had this vision of what it was like in your house. What was it like growing up in your home? Do you think from, from your kids perspective, from your perspective also as dad, that what role did dreams play and was there a time when dreams [inaudible] really a thing and they're, yeah. Then they were, yeah. How did that look? It's a great, great question. Absolutely. We talk about this quite a bit, right? Because one of the things is, I think it's so important to dream, but also one of the things that can happen, especially within families, is I think kids can start to assume that their parents' dreams, especially if they talk about them, uh, that they should be theirs or they start to feel pressure that, that their dreams should be the same and all of that.

Jon Vroman: [08:50](#)

And so one of the things we've always really tried to do is to be able to say, okay, you know, these our dreams and you see, you know, literally our boys were six and seven when this thing happened. Uh, well five and six initially, and then six and seven as it really started to kind of take off. So it's always been a part of our lives, but at the same time, you know, they had to dream for themselves. And so, you know, I mentioned early on that, uh, you know, we did this, this short film with them as Lego agents and that was, that was a direct, uh, you know, kind of ripple effect of these conversations. Cause we were talking about that, you know, that was about the time that my speaking career really started to take off and, and all of that. And, and the boys were curious about it, but you know, I just kind of sat him down at one point and said, Hey guys, you know, this is dad's dream but it doesn't have to be your dream at all.

Jon Vroman: [09:38](#)

Let's talk about the things that you like to do. And what I realized early on was when I asked a six and seven year old,

especially what their dreams were, they looked at me like, I have no idea. You know, like that's a heavy or that's a big word. And I now do in big dream gatherings all over the place. We see some young kids come and I love that. And some kids really can get ahold of that word and be okay with it. But a lot of kids, that's too big a word. And so, you know, and that's what the case was for our boys. Like they were like, I don't know that we know what our dreams are. So I said, you know, what do you like? What do you like to do? What are you curious about? And you know, at that time they were really into Legos and really into, uh, you know, the Lego movies that were starting to pop up on YouTube and things like that.

Jon Vroman: [10:23](#)

And they were like, well, we like watching these. And I was like, okay, well that's great. I said, what if we make one [inaudible] they were like, w what can we do that, can we do that? And I'm like, I don't know, but I think we can. And I said, let's just kind of think through what do you think it would take? And so they were like, well, we need a story. And I was like, okay, let's, let's think through that. And instead of writing out a script, I kind of thought, okay, at this point they're seven and eight, eight basically. And I was like, we could draw pictures, let's draw pictures of what that might look like. And we kind of drove around, I'm in Des Moines and we drove around a little bit downtown Des Moines and kind of like, we could use that bridge. That'd be kind of fun.

Jon Vroman: [10:59](#)

How could we use that bridge? And then our younger son, Alex, was like, I want to use my scooter. You know, like, okay, you know, there's no rules, so why not? And so we wound up coming up with this story that didn't necessarily like it won no Oscars that year. I can tell you. Uh, but it was absolutely amazing and I shot it on a little flip camera. I mean, now we do videography. I have a team, you know, that, that goes with me for events a lot of the time. And we do a lot of this, but had no idea what we were doing. Well, we just did it together and it was really a fun thing. And it really just came from that. Not so much the question of what's your dream? Well, what are you curious about? What do you want to try?

Jon Vroman: [11:37](#)

So I'm wondering when you are doing these big gatherings and 300 people show up and then yeah. From six different States, at what age do kids really start participating in that and do, do you try to get a five-year-old involved? Do you try to define what a dream is and when do they really start to take hold of that? What did that look like? Absolutely. That's a great question. So uh, R I would say that our, up until bend, Oregon, our record holder was a nine year old [inaudible] at one big dream

gathering. He posted 32 dreams and I, I loved his story because he actually came as a little red head named Ian and he came to a big dream gathering and he had a tough home life. I only know this because he came, he was in the big brothers big sisters program and he came with his big, because [inaudible] parents were not in the picture very much.

Jon Vroman: [12:26](#)

And so, you know, I was telling some of the stories and I saw him in the crowd. So I told, you know, a couple of the extra stories, a younger kids going after dreams and he just started right and dreams down. And I had said to the crowd like, listen, our record holders, you know, 28 dreams at one big dream gathering, which is still a lot of dreams in a, you know, hour and a half, two hour period. Right? And this kid just went to town in which he had a little red hair. So I was like boom, I could see his head go. And he just started writing like crazy and he comes up later on with this pile of dream sheets and it had a post it note on the top, which I loved. And I had like 32 hash marks on it.

Jon Vroman: [13:01](#)

And I started going through the dream sheets. Like, um, I want to go to Disney. Like, awesome. You know, I want to be a cop. Awesome. I want to learn how to cook. Awesome. My favorite one is I want to be a dad someday. There's like at nine years old, you know, this kid had it figured out and then I go back to the post it note. I was like, dude, there are 32 hash marks on this thing. You mean you've written down 32 dreams? I'm like, that's incredible. It's like, yeah. And I said, I told you the, the record was 28 why not just go for 29 and he kind of looks at me. He's like, anybody can do 29 which is awesome. Now here's the thing is like you and I help people get clear on dreams. We work with entrepreneurs, all of those things, right?

Jon Vroman: [13:42](#)

We know that oftentimes if you're really gonna go after a dream, that really helps to get clear on the why it gets. It helps to get clear on some of the logistics. It helps to get clear on, on those kinds of things. But especially at a younger age, we can learn from them because his weren't smart goals. They weren't specific and measurable, attainable, realistic, all that kind of stuff. And that's totally okay. Right? He started out with some big broad dreams and some of which he may be, could take action on immediately. A lot of them were probably gonna be dreams for the future, a different season in his life. And that's totally okay. But I think kids could really start early as long as we don't let practicality jump in too soon. How do you define a dream? How do I define a dream?

Jon Vroman: [14:28](#)

It's a great question. So I say it's an aspiration that inspires you to move forward. So it is different than a goal, but that's like my

podcast is dream thing to do and I really do believe that it will. Hopefully it's catchy when you've been on there before, so you know, but, but dream think do is also a three step process. So I really do believe that we need to give ourselves that permission to dream separately from the permission to think and plan. Right? And I think sometimes the pillar, especially, I know for parents, because part of our deal, right? We want our kid to grow and thrive, but we also want them to survive, right? We want to keep them safe. And so I know for me sometimes when my kids would start to talk about certain dreams, you know, the protector inside me, I would want to start to move into practicality.

- Jon Vroman: [15:16](#) Like, Whoa, wait a second. Can you really afford that week? Can you really live a life like that weight that could be dangerous, you know, all that stuff. But to be able to go, wait, let's let them dream, and then we can start to walk through, think through, talk through some of those scenarios, but at the same time, like don't think too soon, especially when you're talking with your kids. Mmm. Yeah, that's a really good point. How to, how to give space to dream and then get practical. It's like we practiced that in, in, you know, in our business with the team when we're doing these kickoff calls in the morning that we'll define like this is brainstorming time. Let's get into what we actually call blueberries. We've coded this word. Blueberries is like, we're, we're getting into two small,
- Speaker 2: [15:57](#) so somebody will go, all right, this is a little blueberries, but I love it. It's kind of your safety word. That's right. That's it. Yeah. So or somebody will yell like, Hey, that's a little too [inaudible]
- Jon Vroman: [16:07](#) we've raised for this conversation. But given the space to dream and then getting practical. Yeah. Let's see. Let's back even further from your kids to your childhood and tell us about what you remember about dreaming as a kid. Where was it nurtured and where might it have been shut down? Absolutely. So it's funny in that my parents were amazing. Like if I ever complain about my childhood, I give everybody permission to punch me in the face hardcore, like right smack in the face. My parents are amazing. What's interesting is, is that I would say if there was a dream killer, it was me. I actually grew up a nervous kid. Like I have a, I have a black belt level ability to worry. And that started early on. So I actually had some health stuff when I was growing up to where worry and stress then made that worse. So I would miss a week or two of school, um, at a time with you on that, by the way. That really, yeah, that was my experience in high school. Interesting. Yeah. Junior high, junior high, high school. So I would say seven to about 11 to cassette. Seventh to 10th

grade was the worst. Interesting. Yeah. For me it was actually, it's interesting, it actually charts back to a dairy intolerance or a milk intolerance. Really.

Speaker 2: [17:26](#) Yeah, totally. Wildly misunderstood. How do we not know this about each other? Yeah, that's right. So titling the show, she goes, Hey Terry. All right. So yeah, so that all that being said though. Yeah.

Jon Vroman: [17:46](#) Um, I grew up a pretty scared kid and then I would go and have these experiences. Hopefully you never had this experience, but I know like my first, you know, I uh, my parents said, Hey, you should go with for summer camp. My brother loves summer camp and I went to summer camp and my mom being the amazing mom that she was, she had actually by that time figured out that I was allergic to milk. Doctors didn't understand that stuff. At the time. And so she made all these special meals. She found out what the menu was and she actually made all the special meals. So I had the same food as everybody else. They just had to get it out and put it on tray and all these kinds of things. But like the camp didn't quite know how to handle that at the time.

Jon Vroman: [18:20](#) Cause you know, those kinds of things were so rare that they actually sat me at my own table and would let other kids sit with me. I know Bruce is one of those. It's like someday that's, I told our boys Sunday when you write a script, put that in there but people won't believe it. So, but what's interesting is is that then at some point I just decided that it, and my parents were very encouraging, but at some point I basically just had to decide I'm scared but I'm going to do it anyway. And I would take these small steps towards dreams and I always, I was always kind of an extreme kid. So one of the things was at about 11 and 12, I figured out that I loved bikes. I loved riding bikes. We had a bike ride across the state of Iowa called RAGBRAI.

Jon Vroman: [19:03](#) And I was just fascinated by it. So, uh, and my parents helped me figure out a way to go on that and they, they, they went with me, all those kinds of things. But I then fell in love with the bike shop. I grew up in this little town of Newton, Iowa. It's like straight out one of those hallmark Christmas movies, you know, with the court house. And uh, you know, the, the shops on the square and the bike shop was two blocks off the square. It was next to the Goodwill and around the corner from the strip club, which was a totally cool place to hang out at 12. Right. And I just basically, I kind of at that point said this, I love this. I kinda thought that was my dream job. And so every day of the

summer of my 12th year on the planet, I basically figured out a way to loiter in the bike shop.

Jon Vroman: [19:45](#)

So I, you know, dusted bikes, I swept out the alley behind. I mowed the lawn of the owner sometimes to his surprise, you know, that kind of stuff, whatever it took to not get arrested for loitering. And at the end of that summer, they actually [inaudible] gave me my first dream job and they invited me to come and work for them kind of initially illegally. But at 13 I had my first dream job, which was amazing. And that's, I think where I got my first taste of entrepreneur is, um, all of those things. But I just kind of learned from that, that, you know, I was scared, but at the same time, if I stay with something, there's a payoff to it. Yeah. And so I just kind of applied that to the rest of my life and I always had kind of weird aspirations anyway, and just realize that a lot of times a little bit of weirdness and a whole lot of tenacity would generally pay off.

Jon Vroman: [20:33](#)

So that's kind of how I just wound up [inaudible] and that's kind of played out the rest of my life. Yeah. Whoa. And yeah, let's get now. All right, so thank you for that by the way. Yeah, right. We'll walk down memory lane. I feel, yeah, I feel pulled to have a deeper conversation with you about how aligned our stories actually are in the spirit of where we wanted to go with this show. Let's talk about dreams with your kids and what you've learned about other kids. So yeah, the big question, and you can kind of travel where you may with this question, but it's like how do we teach our kids to dream? How do we teach our kids to dream? And I will, I will kind of just say with great vulnerability, hear that as much as I should be completely dialed in on this and feel like, you know, some people might, well John hosts the podcast, he's a leader, a front row dad, like his kids probably dream so big, right?

Jon Vroman: [21:26](#)

And they cast this vision on what it looks like. But you know, there's lots of times when I'm talking to, you know, my boy is and it feels like, ah, I'm failing because I'm like, I don't know if I've, I'm doing a good job helping them to nurture their dreams because maybe they just don't have like, you know, perhaps some kids are like, Oh, I know exactly what I want to do from age seven on. Right. And then I think there's other kids that don't. So I'm coming at this from the perspective of saying, look, I don't feel like I'm knocking it out of the park here. I feel like I can pick 10 things that I could be doing better. So in some ways, teach me, teach us what you've learned about how to nurture dreams and kids. Well, one, I just so appreciate your authenticity and I think we all, like there is nothing [inaudible] fatherhood.

Jon Vroman: [22:12](#) That's an absolute right. Like it's kind of one of those like we try to love the best we can. We try to do the best we can as a dad every day. But man, we're all learning every day and we have to learn. We need to learn from each other. So also, you know, there's an interesting, especially, you know, our boys are 19 and 20 so I've learned a lot, but I've got a lot of learning to do. Like how old are your kids now? 10 and five. Gotcha. Yeah. Okay. So, you know, it's interesting. 10 and five looks a lot different than 19 and 20 at the same time though, the seeds you're planting, like you don't even, you don't even know the seeds you're planting. I'm worried about that. Well, yeah, I know, but it's amazing cause like I was just, I said, you know, we dropped Alex off out in LA in August, which was one of the best and hardest things I've ever done.

Jon Vroman: [23:01](#) Right. But, uh, because I travel for speaking, I was out in Oregon and was able to instead of come right home, Luke through LA and we spent the weekend together a couple of weekends ago, which was awesome. But w the reason why I bring that up is we are actually, this was something that came up while we were sitting there reflecting [inaudible] he loves what he's doing. But living in LA is hard. Like even for people who love LA, they know it's hard. Like traffic's hard. It's just, you know, it's just challenging to live in LA. And so we were just talking about, you know, how you have to take a stand for it and things like that. But I, I brought up like, you know, you know what you want. Like I, I'm, I'm literally talking to our 19 year old saying you have a better grasp on what your are at least for this next season then most 40 year olds that I know.

Jon Vroman: [23:49](#) Right. I said, but let's talk about where do you think that started. Right. And so some of it, you know, it's like I can go back and say yes, we made a short film, uh, when they were eight and nine. I think, you know, and that, and that's great. I, I know that was a part of it, but there's a whole lot of stuff in the middle, right? [inaudible] a big part of that was allowing him to try a number of different things out. Right. And, and so part of it, you know, he actually brought up, you know, one of the things that we would do is we would talk about like our goals. So my wife and I would, we would talk about some of our goals and some of our dreams, but we'd also let them know when things were going great with that.

Jon Vroman: [24:29](#) Well, it also let them know when we had a rough day or when things didn't go, you know, to bring up the big dream gathering too. You know, that first one is an amazing story of people coming to our house and dreaming. Right? But what also gets forgotten is the reason they were coming to the house was at,

we were out of time, out of options and out of money. You know what I mean? Like it was the best of times in the worst of times. And our boys, although we didn't expose them to a lot of the challenges we were facing at a time, they still knew [inaudible] some things that happened that were rough. Right. And so be open and honest. Um, you know, as much as a six and a seven or an eight, nine or a five and a 10 year old can handle.

Jon Vroman: [25:12](#)

But to be able to see that, you know, it's not always easy to go after dreams as a, you know, a part of the journey as well, but also to invite them into yours. So one of the things I would try to do each year is invite the boys would be able to look at my speaking schedule and they'd be able to pick one event. They could go with me, uh, you know, to an event. So like Alex went to New York with me, uh, Ben. Then they get to go to a number of the different ones. But like Ben, I did some speaking for the military and I went to Fort Benning and Ben got to go with me to Fort Benning. Our older son got to go to Fort Benning with me and we got to hang out with special forces, uh, for a day, which was totally awesome.

Jon Vroman: [25:52](#)

I was such a good dad that day. Such a good dad that day. I was so good. You're right. Um, but you know, to be able to let them know and experience some of our dreams, but also to come back around and say, all right, well what might some of your dreams be? But also I think [inaudible] and really explore that. But I also think part of it's two allowing them to explore stuff but not having us takeover. So I'll give you an example. This is again, this is one of those, those moments where I did something pretty good, but I messed up and plenty of value other areas. But, so our younger son, Alex at one point decided he wanted to do martial arts and I did martial arts in college and uh, you know, kind of a couple years out of college, I loved a martial arts TaeKwonDo.

Jon Vroman: [26:39](#)

So I'm like, immediately I'm like, Oh, I got this. I know the school you should go to. I know the teacher you should have, it will be amazing. I know the martial art, you should pick you. We have the same kind of body style. This will be amazing. Right? And then I caught myself. I didn't actually say it, but I was thinking like, yes, I've got this. I finally know, you know, cause I'm not a sports dad, you know, they're not much for sports either. So have like a thing. But anyway, I kind of caught myself and I said, you know, this is an opportunity for him to not only explore a dream, but to learn how to walk out a dream. So I said, here's the thing is I'm going to walk alongside you, but I'm really gonna let this be your decision. Now.

Jon Vroman: [27:16](#) He was 1314 at the time when we started this. But I said, here's what I'd like to do is I said, that's awesome. You want to do martial arts? And you know, I did martial arts when I was younger, so I have some opinions. But here's the thing is I want to sit down and what we're going to do is we're going to research schools and I'm going to let you do it. I'll sit with you, but we're gonna find five schools and then we will go to each one of those schools. I'll go with you, but I want you to go in, I want you to, you know, if it's okay to take a class, you can take a class, but I want you to try out. We're going to check out five schools. And in the end it's going to be your decision which school you go to.

Jon Vroman: [27:55](#) Hmm. And so, you know, at first he was kind of like, really? You know, it's just, I was, you know, are you really gonna let me do this or is it just going to be like, you're going to take over at some point? But I said, no, no, no, really, I really want this to be, you know, something we do together or explore together, but I really want it to be your decision. And so we did, we went and checked out five different schools, you know, one was straight up Cobra Kai, like you know Johnny? Yeah. Like the whole thing. Right. And he knew almost immediately we walked in and he's like, Nope, this isn't it. But we stayed, you know, you left and within three minutes we're in the car. He's like, never need to go back there. Um, but we went and checked out a number of short dojo punch that little boy in the face.

Jon Vroman: [28:43](#) And so, and there were times where like I would see something or whatever, I would always, when we got back to the car, I just said, all right, what did you see? Yeah, what did you think? And then it wasn't like a, with whole my opinion, but I would let him go first. Right. And so finally we narrowed it down to the top two. And what was great was the school he decided on, the one he liked was the one I liked the most too, which was great, but I was totally willing to let them run with it. And then he's like, well, do you want to start with me? And I said, I may start down the road, but I really want this to be your thing, so I'll keep gumming but I want you to have a year head start on it. And so I, you know, went watched.

Jon Vroman: [29:22](#) I, you know, would watch testings. My wife would do, you know, those kinds of things. But I really wanted it to be his thing. And what that did was that allowed him to one, no, he wasn't navigating it by himself, but it really helped him to think through is it a dream, is it something I want to do? And if it is, then what's the best next steps, you know, and how do I stick with it? And one of the other things that we allow is we allow quitting as long as it's intentional. And so we said, all right, you

know, go six months if you're going to commit to it, go six months and then you can bail. No questions asked if you, if you want to be done, but at least, you know, give it six months. He did. The six months, like no way.

Jon Vroman:

[30:03](#)

I'm just getting started, all that stuff. And um, I just allowed him to do it. So it's kind of that whole thing of, of just saying, Hey, you know, what are some of your dreams? And then figure out some ways to experiment and you know, I know for me I just have to watch because I can, I'm full of ideas and I'm full of like you said, energy. So I'm like, Oh I'm, I'm more than happy to jump in and take over this whole thing. But just really being able to say, Hey, you know, be present, ask and then walk alongside and explore it with them. Don't do it for them. Were there any dreams that you had to shut down? Great question. There would be dream. Let me think. That's a good question. There were definitely dreams. Like we had a big, not in this house, but in our last house we had a, a pretty good climbing tree.

Jon Vroman:

[30:46](#)

Yeah. Alex has always been a bit of a climber. He loves climbing. And at one point he was climbing a pretty good this tree and he was up there pretty good. Yeah. And he's like, dad, can I jump down? Maybe your, maybe your voice had done that right. And my wife yells like, no. And, and I said, I get it. I was like, well listen, at some point he's going to jump down and wouldn't it be better if it's at a time where we're here, you know? And uh, I said, here's the thing is if you want to do it, figure out how to do it. And it was funny because then he was like, Oh, the mystery is gone. So it's hilarious. He did not wind up jumping that time. He jumped another time. But yeah, so it's interesting. So like the big thing is that especially as they got into higher and junior high and high school, we would also, we would support their dreams, but they also had to sell fund [inaudible].

Jon Vroman:

[31:37](#)

So it wasn't always like they didn't have to buy, they didn't have to pay like the first camera that we got, they didn't have to pay for the whole thing, but they had to pay for a big chunk of it. Right when, when they wanted to upgrade to a better camera. So they had to figure out how to make that money. So it's what's interesting is like we never really had to dissuade them from anything, but we definitely have made it real. So I think sometimes people, you know, the hero guy has a dream, think do podcast and Oh it must be rainbows, butterflies and little ponies in their house. And it's like, yeah, but we actually, I mean we know you have to work hard for dreams too. So we have that, you know, kind of help them to start that early too. Yeah. 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 they 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

Speaker 3: [32:39](#) their life at home as a husband and as a father.

Speaker 3: [32:42](#) 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 considered that education integrated living, which many would call a work life balance, emotional mastery, your self awareness and awareness of your family, a consciousness and then of course vibrant health for all. 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.

Speaker 3: [33:37](#) 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. 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 could read about all that at front row. dads.com the brotherhood is designed for men who wants to be family, men with businesses, not businessmen who happened to have families. It's designed for men with wisdom who are also wise enough to know that there is more to learn and you know, one of the things we say in our brotherhood is it's not always about new, it's about true.

Speaker 3: [34:27](#) 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. 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 row dads.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@frontrowdads.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 families 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 and 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:

[35:22](#)

How about rituals, routines, and habits that were little things that you might've done to signal dreaming, like you know, dinnertime conversations. Hey, like did you have these written down and hung up on the fridge? How did you maybe perpetuate environmentally the dreams along the way? That's a good question man. You're good at these questions man. You shouldn't have a show or something. I just, she started finally look into this. Look into this. This is good. I think what's interesting is is that we probably talk less about dreams and people might think because what we realize is as, especially I think with kids, it was this kind of like, hold on, let's stick with that for a quick second because I've talked about this with front row where I'm like, I've, for years I wore nothing but front row tee shirts. Yeah. Got front row tattooed on my arm.

Jon Vroman:

[36:13](#)

Yeah. I've got, you know, like my ha my office, my [inaudible] people at parties, they're like telling me about front row. At one point, front row was not a word my wife liked to hear. So I'm wondering if like, you know when you're Mitch, you know Mitch Matthews, the big dream gathering guy, right? Is there a little bit of like, you know where your kids are like, Oh screw the whole dream thing. That's the thing that away from the house. Seriously. Yeah, exactly right. What, you know, it's interesting. It's like, well, we realized, you know, and you know, this is that there's a time to talk about big dreams and aspirations and then there's also a time to like get to work and live life and that, things like that. So when you come back to rituals, I would see the rituals were more around our family and, and giving, you know, doing our best to give them a foundation where they knew they were safe and loved.

Jon Vroman: [37:11](#) Right. And then they could build off that foundation. So, and we didn't do that perfectly, but like one of the things is, you know, we really were a dinner family, meaning that, you know, if you're the Matthew's household, you were having dinner and we would sit together and have dinner, no TV, no nothing before the boys had phones. But even after the boys had phones, phones were not allowed at the table. And it would be, you know, we just talk about the day, but also everybody had to report it on something that was good from the day. Yeah. You know, and it's like that stirred up gratitude. I know you're all about that too. But it's, and you know, of course some of the teenage boys, right? So like some days it's like, Oh, this awesome thing happened. And then other days it's like, I know I have to report it on something good.

Jon Vroman: [37:58](#) So today there's something somewhat good or the best thing I can think of. So, you know, just on those days you would, you know, the top of all the sucky things and the best of the worst thing that happened today, you know? And so, you know, I can't say like every night we're talking about dreams, but we would talk about stuff that's, you know, we would stretch them. We would also, I'm a huge, well, I'm like you, I'm a huge storyteller. So I would also try to tell stories and this, you know, um, not to overplay it or whatever, but like, I love the boys stories from history, right? Stories where somebody from history took a stand for something. You know, those stories that maybe people don't know about. That's where I think like, I love an example of one gimme gimme it, what's a story that you might tell?

Jon Vroman: [38:48](#) What's a good story? A, so Teddy Roosevelt, you probably, you may know this, but when Teddy Roosevelt was a kid, he was sick. He was like us, right? You had asthma, he was misunderstood. He, uh, had a big belly. He was made fun of. You was short. Right? And that wind, you know, he basically had the decision that most kids with asthma just didn't make it. But he just decided at some point, nobody's quite sure, but he basically decided, okay, flip a switch in him that just said, I'm going to get in shape even though I have asthma. And he took up, he became a pugilist to become a fighter, right? Became a boxer, a, became an outdoorsman, all those kinds of things. And it, it actually Rose in him. This tenacity is incredible. Right? And our younger son, Alex, had some significant stomach challenges. He missed about a half of his first grade year because of stomach issues.

Jon Vroman: [39:39](#) So like, you know, and I can relate to this, Ben, Ben had a little challenges, some challenges to all that stuff, so we could all

relate to this. So I was telling them the story. This one time that [inaudible] then made Teddy Roosevelt. He decided I'm either going to get weaker or I'm going to get stronger, and he decided to get stronger and he became one of the most tenacious people that America's ever known. So much so, and you probably know this, but he was when he was campaigning for president of the United States, he went on a train, a railroad tour of the country, and has he stepped up to give a a, an address to a group of people that came out and stood at the base of the train. A man shot him. I don't know if you know the story. No, but the bullet went through his folded script and lodged into a rib bone in his chest.

Jon Vroman: [40:36](#)

He took out his speech crest, his [inaudible], the the bullet. You compressed the, the wound gave his speech while the police like grabbed this guy and wrestled under the ground, got the gun away from him. [inaudible] completed his sweet speech that went for 90 minutes, then went to the doctor. The doctor could not remove the, basically the doctor decided it was safer to leave the, the bullet, uh, the, you know, the, the, uh, whatever the slug in his rib cage. And so they just bandaged him up and he went back on the campaign trail and he wound up dying with that slug in his ribs, you know, 30, 40 years ago or 30, 40 years later. Right. So as you, you're just like one of those things where it's like he basically decided that's what he's going to do and nobody's going to stop him. Right. And he was a sick, chubby little kid.

Jon Vroman: [41:29](#)

Right. And so we would tell those stories and then what was, you know, how important that they would also, you know, then see these things pop up in history. And I think I love our teachers. We would always really engage with our teachers and all that. So I love teachers, teachers that, uh, you know, we're in the public school systems, private schools, whatever. They all deserve Angel's wings cause they don't get paid near enough. But I do think like, we don't teach history. Like, we should, especially, I mean, I'm just, I'll get on a soapbox, but I mean, there are so many freaking amazing stories from our history that if people knew them, they could debate a whole lot better. Like, we could debate from the standpoint that we are Americans. I know your show gets listened to across the world, so it's not just America that's listening, but I think this is probably true in every country.

Jon Vroman: [42:15](#)

But I think if we knew our history better, if our kids know our history better, we could be both proud Americans, but also debate the politics of the day from a stronger foundation because we know who we are. Hmm. You know what I mean?

Yeah. Really good point. So anyway, so that's one example. Like, so we would talk about that and it's like, you know, pull a tatty, you know, like what does that like, Hey, today's a tough day. Yeah. You know, press the wound and get after it, you know? Yeah. Well that's good. I, I really appreciate that. And I like stories of course. And I think that stories are, it's such a great strategy to have. Whether you've got literally newborns and you are reading stories that they might not understand the words, but right genetically, right. And they understand your voice and the vibration and the energy that you bring to the situation all the way up through their, through their years.

Jon Vroman:

[43:07](#)

And so the stories that we tell that get more and more age appropriate, right. To the point to where we're all, I still love stories and I'm 44 years old. So it is such a great Avenue for communicating. And on that note, I know you've now written a couple books. Yep. Uh, so we'll link to that. Of course in the show notes are for dads and I know you've got lots of resources. What are some of your go to books or movies that you might think, Hey, as it relates to people pursuing their dreams, right? These movies, these books particularly moved you or you shared with your family. The one that comes to mind for me as I just let you get a second to say. Yeah. Uh, so think about your favorites, but Rudy comes to mind like the, I love the underdog story.

Jon Vroman:

[43:54](#)

I love that. Like I was really short and just seeing an example of somebody who pursued their dreams with absolutely like total determination and not letting his circumstances right. You know, Hey, these are the cards you're dealt. You didn't have the biggest body. Right. The most athletic, you know, build. But yeah, he's still went after it. [inaudible] those types of movies or Bo. Yeah, like [inaudible] that's a funny thing. Like my, you know, my dudes or they, they want to make movies. Right. So that's, that's kind of our thing. Like I can't tell you who won the last year, but movies are kind of our jam. Right. At the same time though, they're like, dad, we don't need to see the Rocky movies anymore. We're all good. You know what I mean? Like, give me a Rocky grave, bring it on. Right. But at the same time, like what we do, and this is, again, there's, we're just a weird family, but this is, this is kind of in some ways I think where you can teach the dreaming part of it too, is like, so have you seen peanut butter Falcon?

Jon Vroman:

[44:56](#)

No. Oh, okay. So it just came out this year. Very low budget, fantastic movie with Shyla buff. Now it didn't have a huge release, but it's still in most theaters like it has, it has got 96% on rotten tomatoes, uh, critical peanut butter Falcon. Okay. And

it is about a kid with down syndrome and the Acura actually has down syndrome, has this dream of becoming a wrestler, right? Like an all star wrestler and he is in a facility that doesn't support that, all that stuff. So he winds up escaping this. This is all in the a preview. So I'm not spoiling anything. And Charlotte is a down on his luck guy where you, who you wind up hearing his story and it's amazing and tough and rough and all of that. But these two wind up meeting a wall. Wow. The kids on the run and shallow above basically here's the dream and agrees to help him pursue it. [inaudible]

Jon Vroman: [46:00](#)

it is this amazing story. It's an incredibly powerful story of of two people coming alongside each other [inaudible] and needing each other. And one of the things that's beautiful about the story that I think is really reflective of, of pursuing a dream and pursuing a dream with friends or with family is that so often when we start to go after a dream, you know, some of the things that we think will happen happen. But most of the time that dream takes us to places we never imagined. Right? And, and sometimes that means challenges. Sometimes it means amazing gifts and awarenesses and things like that about the world. And so I totally recommend it. It's not well known. I don't think it's out on DVD yet. Um, it might be available to download if you want to buy it, that kind of stuff. But it's incredible. So go check it out.

Jon Vroman: [46:46](#)

Your kids will love it. It's completely clean. It's amazing. Shiloh boasts probably one of his best roles. It's powerful. We went and saw that in LA when we were there this summer. It was so cool. It was awesome. But what we also do, and this is where we're weird, but it's also really fascinating and I might be completely biased because we're obviously, you know, intrigued by the industry, but I love to like look at a film like peanut butter Falcon and say, how did this movie get made? Like who are the directors? Who are the writers? What's the story behind it? Because you look at most, you know, even even normal movies, but especially revolutionary movies, somebody had a fight to make it happen. So there's usually a story hiding out behind that. You know, the, the making of it. You, and obviously we're aware of the, the big Avengers movies and I'm a huge fan, don't get me wrong, but like some of these other things where people had to scrape and fight and all of that, and peanut butter Falcons, just this incredible story.

Jon Vroman: [47:41](#)

Uh, you know, the story behind it is probably even better than the movie where two guys were good friends and they were working at a camp for kids with challenges and disabilities and they, they were doing an acting workshop teaching these kids.

They were directors. Yeah, they were teaching kids how to act and they came across this kid and they were like, this kid is incredible. We should write a script. And so they started to write a script and they're like, what kind of scripts should we write? And they both love Tom Sawyer. And so they realized we should do that. Right? I'm like, let's write a story with this kid that has a Tom Sawyer vibes, you know, and they wound up basically having no money and they wound up getting it on Shyla buff's desk. They wound up getting on a couple of other actors desks and they got the actors before they got the studios.

Jon Vroman:

[48:29](#)

But once they got the actors, then the studios got on board. But they had to, they went and shot like 15 minutes of test footage to show the kinds of things they were going to try to do. It's this incredible story. So you know, we always, I always try to dig into those stories too. And again, it might be somewhat biased or skewed because we're fascinated by the industry. But I think it's [inaudible] it can actually be relevant no matter what is to be able to then as after we watched the movie, then we dove into that story and I was able to say, look, you know these guys started with less than \$50,000 in order to make this film and now it's made millions and millions of dollars that got some of the biggest box office people in it. And it's because they believed in a dream, you know?

Jon Vroman:

[49:07](#)

And so, you know, those kinds of things where sometimes it's, it's the story and sometimes it's the story behind the story that can just at least make for a good conversation. Yeah. Yeah. Totally. This is awesome Mitch. I'm excited. It's in queue. I'm ready to, I'm ready to watch it. That's a, I'm going to report back. I'll tell you what to do. Let me know. Let me know cause it's, and stay til the end man. Cause it's uh, yeah, there's some good twists and turns to it. Hey, now that your boys are kind of grown and doing and perse in pursuit of these dreams. Yeah. Any neat. So there's other guys out there that are going to be listening that are going to have kids that are transitioning out of the house this year. Right, right. Going to college and whatnot. Yeah. Any advice for those guys or resources?

Jon Vroman:

[49:49](#)

How you're staying connected to your kids? It might even be like an app or some technology or a system or a agreement, or, I don't know what it is, but like just staying connected. Yeah. So don't tell my son that's in LA, but one of the things is he's super busy. Right. Okay. My wife and I bowls, well, we love to be able to talk once a week. Right. And sometimes we can do that on a Sunday. Sometimes schedules are a little crazy, especially for him. So it's, you know, we have to vary it. But the thing I said don't, don't tell my son is, is that basically when we get on the

phone, I will stay on the phone with him until he says yes to go. Right. Yeah. Right, right. So it's that old thing of like, you know this, this weekend, uh, this past Sunday, I just hate, I checked in with my wife works at our church and she had a program she was involved with at church.

Jon Vroman:

[50:45](#)

So it was just me. But I was like, Hey dude, anytime you want to talk today I can talk. [inaudible] texted me right back. I can talk right now. I was like, let's do it. So we get on the phone [inaudible] you know, I live on the phone, I do a lot of my coaching over the phone. Right. But at the same time, I don't love talking on the phone. If I could face to face versus phone, I'll pick face to face all the time. Right. But I'm like, Hey, this is what we've got. Right. And so we get on the phone and we start talking and I'm like, I am not getting on this. I'm not dropping off this. I had a thousand things I could've been doing Sunday, but I'm like, I'm not dropping off this phone until he says he's got to go. And we talked for an hour and 45 minutes, which is not normal teenage boy.

Jon Vroman:

[51:22](#)

Right. But that's great. You know, that's, that's what you do, Rob Smith. Yeah. Right. So, I mean, it also, I mean I'm wildly grateful. My wife is absolutely amazing, created a safe home for them to, and our boys are freaking amazing and incredibly gifted communicators. So it's like, um, uh, I'm wildly blessed on that. But I'd say, you know, a part of it too is especially, you know, for those that are getting ready for their kids to go, no matter what age they are, and, and in some ways, you know, start as early as you can, like start with the expectation of actually having conversations where you're talking with them and asking them questions and engaging with them. Right. Because the earlier you start that, the better, uh, but also check in with them on their terms. Like, you know, it's funny, pretty good on Facebook, pretty good on Instagram.

Jon Vroman:

[52:09](#)

I still am a total new when it comes to Snapchat. Hmm. But our son in LA, that's his gig. So I basically on Snapchat with two people, my wife and my son, cause it's kind of one of those like if that's his jam then I'll learn that for him. I'm not going to try to weave it into our business. I probably should, but I'm just like, Nope, I don't need one more thing. But it's like I'll, I'll try to learn that and he knows it's hilarious. Like I'll make, I'll make videos and you know, here I've got a team that will do videos with me, but like when I'm on Snapchat, um, I am totally like a grandpa. Like, how the hell does that work? What are they, you know, all this kind of stuff. Right. And he just knows and it's hilarious, but it's just like, you just try to find those ways where

it's like, all right, well we'll just make it easier and do it on, do it on your terms too.

Jon Vroman: [52:53](#) So, Mitch, this has been awesome, man. So that's such a great note to, to even wrap up our show by, you know, it just, it's such a Testament to who you are with your kids. The fact that you'll just let, yeah, your son talks until he's ready to go and that you're willing to continue to grow at this stage of the game to connect and be flexible, which I think is just fantastic. If people want to find more of you, connect, reach out, ask a question, whatever it might be, how to absolutely. The easiest place can I falls under the umbrella of Mitch matthews.com which we spend our entire marketing budget coming up with that name for that website, Mitch matthews.com or if they want to check out my podcast to a dream thing do. There's one particular episode with John Broman on it. You got to check it out.

Jon Vroman: [53:40](#) It's one of the best. Uh, but dream think do.com is that will get you right there too. Ah, thanks. Thanks Mitch for being our guest today. This has been awesome. Hey, last thing I want to ask you to wrap with these with one or both of these thoughts. One is just anything you want to say to the guys, anything that was not said that you would like to say. Yeah. And then the second thing was just a shout out to some other dad out there that you think is doing a stellar job in our community. We like to give props, right? So, Hey, if somebody doing something and it's notable, it's also a great way to pass around great wisdom because if we, Hey, that guy is doing something, it just brings that to light. So yeah, final words and props to somebody out there who you respect.

Jon Vroman: [54:22](#) That's awesome. Okay, so final words is, it's one of my favorite pieces of advice that I ever got. Initially. It was under the guise of sales and networking, but I realized in the end, it's probably one of the best pieces of advice as a dad that I could have ever been gotten. But I just, I realized I had to translate it a little bit. So the advice was simply be interested, not interesting. So, uh, you know, initially I got the advice because I'm an introvert who's learned to do extroverted things and I would always get nervous as I was going into big rooms of people and someone who was a very well networked and incredibly successful person was like, yo, you are focused on the wrong things. You're focused on being interesting. But if you're interesting, uh, you know, nobody's going to be interested in you, right?

Jon Vroman: [55:11](#) But if you're interested, you'll be the most interesting person in the room. So ask questions, be interested. And I think as dads, I think sometimes it's very tempting to try to feel like we've got

to be interesting to our kids or be our kid's hero or those kids and that, you know, that's, that's not a bad aspiration. At the same time though, I think one of the best ways that we can help our kids is to just truly be interested in them. And that is to just, you know, ask a question to engage I, and I don't know about you, but that may be, you know, with five and 10, I don't know if it's this much, but especially as [inaudible] teenagers as they started getting got to be teenagers. One of the best ways to do conversations is in a car because both of you are looking forward and you don't have to maintain eye contact.

Jon Vroman:

[56:00](#)

Right. And especially for dudes that just seems to let the guards down, but just be interested, not interesting. And that will be a great guide for you as a dad. [inaudible] fan, you know, obviously kind of plant a lot over other areas. But once I figured that out as especially as [inaudible], why is that? Being a dad was huge. Um, and also I got to say, I mean, uh, I gotta give a shout out to my own dad. Ron Matthews is one of those that I am truly standing on the shoulders of giants and I know that one of the reasons why, okay. Creating a safe place for my boys and helping them do the things that they feel called to do, want to do what they were put on the planet to do isn't direct result to my parents doing that for me. And uh, my dad taken walks with me and making sure we were going on hikes and things like that so that, that he could hear some of the stuff that was going on in my world too. So definitely props around Matthews tossing. Yeah. Mitch, thanks for being here today, man. This has really been a great conversation and a I'm glad we were able to reconnect brother may too, man. Keep doing what you're doing man. It is, there needs to be more of this in the world, so I'm glad you're leading the pack. Awesome guys. You can uh, catch all the notes, the highlights of this show, the links that we talked about and also Michas website over [over@frontrowdads.com](mailto:over@frontrowdads.com) we'll catch you on next week's show.

Speaker 3:

[57:17](#)

Hey guys, if you haven't already done so, go right now to [front row dads.com/facebook](https://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 businessmen with families. We're looking for the fathers who have great knowledge but also believe that they have so much more to learn. 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](https://frontrowdads.com/facebook) or

simply go to Facebook, type in front row dads and you'll get to our group.

Speaker 3:

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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. [inaudible].