

- Speaker 1: [00:00](#) It's like triggers is a big thing. That means Sarah talk about a lot and with my kids is like what's triggering, what's really pissing you off right now? And understanding each other's triggers and understand each other's triggers. So but then the personality type, so the love language has been a massive game changer for me to understand my love languages and her love languages to then making sure each other's
- Speaker 2: [00:25](#) dockets for having those conversations. All right, front row dads. Welcome to the podcast. I'm your host Jon Vroman. This is the show for family men with businesses, not businessmen with families. I'm here with my buddy Steve. Period. What's up Steve? Welcome to the show. Well, a morning, afternoon time zone. I'm excited about this one. I've just had my MySpace side and I applied there. Yeah, I'm excited too. I have a chat. It's been a while, dude. Absolutely. Where are you men right now? Tell our audience. Sometimes I have to remind myself, so thanks for asking. Ah, I'm in Melbourne. Australia. That's awesome. Yes, maybe the first interview I've done with somebody in Australia, which is cool, man. I like first. So for everybody out there listening, I'll tell you a quick, a little backstory on Steve. So we actually met, uh, Jon Berghoff's event and then we had lunch together.
- Speaker 2: [01:18](#) Two lunches actually. And I will tell you, I walked away thinking this is going to be a brother for life. He's a good dude. He's up to big things in the world. And one of the things I love about what you're doing, Steve, is especially with your events that you're creating and co-creating right now, it's, it's like when somebody tells you about something that they've had a vision and you're like, dude, I've thought about that. I was, I was wanting somebody to do that. That's been, that's a long that's been needed and somebody had to fill that gap. And you've done that and you just got done. We were chatting it up a little bit before the show and you were telling me about these evolve camps that you have and how ultimately you're gonna end up helping 15 to 18 year olds. And the minute you said that, I'm like, dude, we're gonna have so much to talk about right now because that is an underserved market in the skill set that you particularly are great bringing to that demographic.
- Speaker 2: [02:12](#) So I'm pumped about it. It's going to be March of next year. I want to talk more about that. But the most important part of your bio outside of all the accomplishments that you've had professionally is that you are a, uh, you're in a amazing relationship with a powerful woman, which I hope you tell us more about. Uh, cause I want to get into that. And also you're a dad and with a blended family, uh, bringing together two



Sarah is a cool wonder. So our organizations called wonder and wonder and she Frank's differently. She comes from like an Euro, uh, the high brew innovation culture and she's being in that space disrupting in the corporate world. But she is also [inaudible] an innovator when it comes to parenting. And the background she comes from, there's Tasmania, which

Speaker 2: [05:58](#)

is someone that's in New Zealand. So as far we probably connected so well back when we met each other is that's a, yeah, her parents come from education and mum is at the forefront of education in Australia and at dad's, an incredible business person doing incredible things. And the way she parents is just inspiring, enlightening, free range, living a kids, kind of the free range, which is great. And from me coming from an only child, I was more, everything was Satan stone. Like I was very rigid in my parenting wise to now come from life, we have to end inspections, free range, let them go and be creative. Um, let them play. Whereas I was like, no, this is the way we parent. So now we've got this nice little sweet space in the middle of that we, that's how we co-parent and that's magical. Yeah. [inaudible] free range meets the strict rules.

Speaker 2: [06:59](#)

Yeah. You find some sweet spot in the middle. I want to come back to your relationship with Sarah and then I think it'll be, I think we're deaf. I want to get into the event itself because I think that there's a lot of things you're doing at the event that people can do at home with their families. There's a lot of philosophy as to why you're doing that. I think we can pull a lot of value from. But first I want to ask the question cause I'm curious about dude, because you've traveled to the U S and you've been in New Zealand and Australia and actually quite a few other spots, right? You know what? You've had events in Bali and [inaudible] you've been around the world, so you've seen a good bit of, of, you know, of the different cultures. I'm curious as to what you think each one might be doing, right?

Speaker 2: [07:43](#)

Like what's New Zealand doing that the U S could learn a little something about and what's the U S doing that maybe we should recognize, Hey, that's going pretty well. We should be proud of that. What are you seeing as like the strengths of these different cultures that you're exploring? Yeah, that's actually an interesting write the book, the blue zone of, uh, of fatherhood. Like, yeah, right, right. Well, longevity, like I think it's sad then here and a place in Japan live longer, but where's the, where's the dead blue zones? Yeah, blue zones. So as I mentioned, when I grew up, uh, I grew up in a little place called [inaudible] in the Pacific, which were, had a population, 40,000 people, and I was the only white kid in the cultural group. Literally in the school.

I'm leaving all my friends behind at the age of seven [inaudible] to go into this new environment. What I love about the Pacific and, and that's why my first company, we took 25,018 year olds to Fiji and around the world, um, about getting new experiences or school leaver experiences. And the Pacific still has a very tribal way. They do things like, it's a very sharing you home from school

Speaker 1: [08:56](#) and you sit around for three or four hours, around five or six different houses that are close by a really community Theo size. Very privileged to have that opportunity. I might not have learned a lot in the classroom to be honest. I went backwards and my education only child, I had a mum and dad just wanted to put me in the education system and learn from an early age at Montessori. I went to Fiji and I literally went backwards, but I learned how to play marbles professionally. I learned how to swing off Palm trees. But what I did, and then I think, and I didn't realize this till later in life, what is that? Uh, the community Theo of sharing, communicating and having fun outside. So that's kind of a learning vet, uh, in the Pacific. [inaudible] is similar to that. So yes, I spent six months a year traveling for the last 15 years with my family.

Speaker 1: [09:49](#) Uh, North America. I feel, um, again, it's very like we're, we traveled, what was it, 6,000 miles in Avi two years ago from Chicago all the way through to Portland. Went out without three kids in an RV. That's another story anyway, but I feel uh, families in the U S a lot more time aside [inaudible] for family time and especially in the summer being the middle of the year. Whereas obviously our school break is at the end of the year. It's still in summer, but New Zealand doesn't even have like school camps or summer camps or anything like that. And this is going to be a sequence youth being able to go away and connect with other youth and have conversations in a safe space to then come on, come home and have those with Karen side, I think. Yeah, I learned a lot when I got to the U S it's just a, you celebrate things a lot more versus a, so you recognize the high points versus the low points much better than what we do down in this part of the world.

Speaker 1: [10:52](#) Yeah. I'm interested in interest. Let's talk about camps. Did you go to camps when you were younger? So the camp idea for you, and I'm just guessing here and so I'm just kind of speculating, but did that come from, so in the Pacific thinking about community and all that sitting around and having great conversation perhaps, is that what led to your obsession with spaces and conversations and you know, people having a sense of safety to evolve together? Yeah, subconsciously it, uh, it

came to me from my experience when I was seven years old. Not knowing that after kind of going through my self-discovery the last 12 months and putting some times then some my life and understanding. Yeah. What's, um, well, uh, thoughts or experiences led to businesses or catalysts and new things? So I think, yeah, definitely the Pacific and then spending a lot of time in Fiji with my first company is going up into a village and sitting down with people that really don't have much at all, but they have so much like Fiji is the happiest place on the planet energetically.

Speaker 1: [12:03](#) The people. But yeah, getting a whole village together and from [inaudible] wondering wonder, it's about bringing the willing and the wise together. So, and that's not defined by gender, age, geographic region because in a village the elders and can resignate with the young people and bringing in information into the village and learning and growing because the elders in the village didn't have some of the things that the new, um, th the new lead is coming through the village and it's, it's magical just to sit there every time I go out. That's how I get grounded. I get off the plane, my driver picks me up, we go to the village and we have a goat, Carey that he's pro, he's saved up as money for the last three weeks to find a goat. And we have a caring. We all sit down and we just have a conversation.

Speaker 1: [12:53](#) It's no TVs, there's no iPad, no technologies. It's a magical place I can ground. So that was the catalyst to go, why aren't we doing this everywhere else? Yeah. So tell us a little bit about the vision and maybe you can stay, just can you walk us through the stages? So you have this event in March and then, yeah, tell us how that event's gonna work and then how does that lead to the evolve camps? Yeah, so evolve as a series that we were bringing together under wonder, wonder, I wonder, wonder. Yes we do consulting and that sort of thing, but our true vision is about holding space and bringing people together in a safe space to have courageous conversations, Epic experiences and little bit of lies. And my past has been business retreats, woman only events soon to be, who knows, front row dad of it hits down this part of the world.

Speaker 1: [13:46](#) Yeah. So I evolved down in Queenstown is the first time I've actually done an event in my own backyard. It's always been overseas. And that was when I first got up and spoke. I'm petrified of public speaking. Happy to do one on ones. And I got up, uh, four months ago and spoke in front of 1,216 to 18 year olds code festival for the future in New Zealand. And it was my vulnerable [inaudible] Oh, it's nervous telling my story, divorce barring out of control. And so it's auto thoughts and, but then

what happened there? Those 1200 people rallied around me. I felt like I was in a safe space sharing my story and they presented the hacker, I don't know, who knows the hacker in the world. It's our like tribal dance that our rugby team does and it's so amazing.

Speaker 1: [14:34](#) I had 40 people out of the ordinary to turn around and do the haka in front of me as if I'm tearing up a bit. Um, sign of respect. I was like, wow, I actually, we had to move our Bali event based on that experience to New Zealand, the site, it's time to invite everyone. That's a massive part of my growth in my part of the life and especially heaps of people in North America. You guys and the guys that are exchanged, community mastermind talks finally time to bring some incredible humans down to this part of the world, to share what is magical about North America and build this true global bridge because there is so many learnings as you identified from what America is doing really well to New Zealand, to Australia, bringing everyone together as like a global thought piece to go, how do we move the needle together?

Speaker 1: [15:24](#) How do we use the clinic? Jamie? So Mike, tomorrow, Buddha, then today, and as soon as we made that decision, someone I respect hugely, Simon Sinek, uh, [inaudible] sent an email to say, I'm speaking in New Zealand and it was the first day of the event that we had planned. So Simon Sinek opening up our beans, someone I respect pretty well, I'm someone else's paying them 250 grand live event, but uh, to bring people to have this conversation around self-discovery, discovering self. And I think we don't do that enough as fathers, husbands, partners, humans. We don't. Yeah, we've been enough learning about how to grow things, build businesses, but we don't actually know what makes us tick. And it wasn't until I had to go through the lowest point in my life to go, I need to discover what, what makes my heart and having courageous conversations like we are now, people holding safe spaces to be able to go, okay, this is, this is my true a thing that's lighting me up.

Speaker 1: [16:36](#) This is how I can become a better dad. This, find some people to have those conversations. So down in Queenstown, that continues to happen. And then with the basis of evolved series will continue to grow. So there'll be evolve him, which will bring, I mean to give her, um, there's some great communities in the world and it's about holding the space for all those tribes to come together because I think there's not enough cross-pollination happening within tribes and communities right now. And a good friend, Yanik, I don't know if you know Yannick from camp Maverick. Yeah, yeah, yeah. Right. Wrote it. Wrote an incredible book called evolved enterprise. Yeah. Going from

transactional, which I've been [inaudible] done really well. So transformational and being there kind of still sitting there to transcending and transcending is when communities truly share between each other and tribes share between each other and then yeah, evolve her. Which Sarah is very, yeah, that's her sweet spot. Bringing women together and then at the end versus being siloed as then evolve him and evolve her. It's still at the same location. They come together afterwards to have a conversation

Speaker 2: [17:50](#) versus staying in their own tracks.

Speaker 2: [17:52](#) Yeah. And then the evolve camp for youth and the what tears me up and what really lights me up is seeing youth do amazing things. That's what me and would do if we're talking about traditions or routines is every time I get my [inaudible], my three kids, which we watch golden buzzers, we do very things. We listen to brother James and the calf gratitude as my daughters are lower zone and [inaudible] animal was my dude. So that, and then we get home and we watch golden buzzer moments on YouTube and tears is so rough because we're excited about seeing young people do amazing things are the golden buzzers that America's got talent version then. Yeah. Yeah. And uh, and then we, uh, so the evolve camps is about bringing young people together because there's not, there's not safe spaces for young people to be able to yeah.

Speaker 2: [18:46](#) Some of the stations have fun people out of their first degree and, um, yeah, we'll have these global investors coming into New Zealand to help us share that vision globally. Yeah. You know, this is, I want to travel down this road with you, Steve, this road of creating safe places to talk. And here's why I think this is relevant. It's relevant to the parent who's thinking about creating a safe space for their kids to talk. It's relevant for the marriage because if, you know, this is about, uh, I've realized that it's not always what I'm saying. It's oftentimes how I'm saying it when I'm saying it, where I'm saying it, you know that, uh, and it's also the what's done prior to the conversation, right? Uh, it's all the things leading up. It's the rapport that you've had. It's not just what you said in that moment.

Speaker 2: [19:38](#) It's the relationship you bring to the moment. Right? And so I want to talk about this because, and I want to give you a little context and this will be also context for our listeners, but um, yeah, and this is why I'm so passionate about, this is why I'm asking the question. I started front row dads and I tell everybody, and this is not new news, I started it not because I was kicking ass as a dad and the husband and I wanted to tell

everybody how to do it. I started it cause I was getting my ass kicked and wanted answers, right? So I was like, let me get my buddies together. Let's figure this out. And that's what we've done. And what's cool is that as we've evolved as a community, we've added new layers of front row dads. One of those is that we added what's called a band.

Speaker 2: [20:17](#)

Now our bands are for men who meet monthly for about two hours. And the only rule is you don't talk about business. You talk about your family. So here's what's happened. I started the band and I actually was like most people where I'm going, I got a full schedule. I, where am I going to squeeze more conversations in? Like, you know, I'm imagining that some people would have this objection to coming to your event, right? Like, I'm full, I've got a lot on my plate. Like I don't need more people or things to do or, right. And I was resistant even in this band conversation, but I was ready to experiment and try it out, see what would happen. Well, what's happened over the last year is that I have had the most profound, the deepest conversations, the best conversations with my band. That has blown my mind.

Speaker 2: [21:05](#)

So I'm not only the founder of her dad's, I'm a client, right of my own thing. But here's what's happened. I kept asking myself why? Because it wasn't like I have lots of friends, right? Lots of people that I love. Lots of people I could call up and I could chat with. I have neighbors and you know, I got all sorts of people in my life and I've also got events. I go to best year ever blueprint exchange with Bergoff, you know, and I've got all these events that I go to. I'm Tony Robbins train. Why was this one so different? That's what I kept asking myself and I think it was because it was, it was a very unique set of rules for this group. It was a very unique number of people. It was a very unique set of roles, but what I appreciated most was that [inaudible] base and the safety that we created because we defined what this time was going to be about.

Speaker 2: [21:55](#)

It's like, Hey, this time is about sharing what's working and also asking for help. This is a time when you were all agreeing that we're open to somebody saying, here's a blind spot that you might have that we want to bring to your attention. And nobody's defensive. And everybody's like receptive. And the dialogue is candid and clear and concise in some ways. And I think that there's something to that. So I wanted to share all that context because I want to get your take on [inaudible] these communities and why they're so unique. Right? And, and how [inaudible] and I want to dissect the safe spaces that we create because I think this applies again, lots of areas of our life

and especially at home with your kids and then all the way to evolve. You know, in Queensland. Yeah. Oh man, I uh, I'm taking notes upstairs.

Speaker 2: [22:45](#) Um, amazing for doing that. Uh, because you're right, we like, we have such busy lives and I just had this conversation with Sarah last night is like, when was the last time I read a book? Like, I really want to read a book and like I just can't, it's just like I'm like how do my grandparents like sit down for like two hours and read a book in the afternoon rather than have so many distractions. They didn't have so much information getting called to us. So I hear you on that front and you know, we got to squeeze in time to work on your relationship or your parenting. Kind of like we work together, right? Everything. So having those bands are amazing and I think I haven't really put too much thought about like how we actually cure, right? If we just magically I should happen. But permission is one thing as giving the permission and the conversation or in this space is this is the route that we're going down. And as you said, the rules and the boundaries and, and did something magical

Speaker 1: [23:46](#) at the lunch that I first attended and that's when I again, I was like, how do we have a second lunch? I know we've got a busy schedule but you just felt energetic cause you say set a rule over that lunch to say we're only talking about the great things that are and the great things we're doing in our relationship right now. That's the only conversation we have and I thought that was, that was hard. It was challenging that it was so powerful. So I'm going to pass on your learning to the listeners because it's something I've taken back out of front row dads and that lunch too to just have one topic to talk about over over one hour and just keep it, keep circling background but the permission is is one thing for us as we give people that permission is that and this space you are safe because you have likeminded but even more importantly you have like hearted people in this community, in this space that are all here that have collective geniuses and doing great things in their life that they want to share.

Speaker 1: [24:44](#) And then we bring the tracks down. It was like, yes, we have time to talk about business. About this time right now is talk about us and it's talking about you discovering self and how we can evolve together and wonder. So I'm wonder, Sarah's wonder is, well, we're all curious. Creatures at heart is built into our DNA. So sitting down in a group of four or eight people, we're curious that curiosity needs permission. Um, sometimes to be able to have those courageous conversations. And I have my four, four incredible dudes that I connect with on a regular

basis. Have these conversations and that curious around intimacy, right? What's going on here? Or how do you even make that work? So lead with Wanda and by traveling towards space, now you don't need to jump on a plane to go somewhere. But even if it's a walk in a park, so taking the conversation to a place that's a way from the home or a wave, the business genuinely ignites curiosity.

Speaker 1: [25:49](#)

And that's what I love traveling so much because I will get off a plane and I'll do things that I don't do at home. I will look out though. So how often does when you're on a plane, when you come into land, well, when you're walking onto a plane, you don't look down, you always look up and you look out the window window cause you're curious. So I use a plane as a metaphor is like, am I on a plane or I am on the ground. I'm inspired to look out and buy. When you go to new locations you'd like, how do I find the best coffee? Um, Australian and New Zealand, we love our coffee. So I go wandering, find good coffee. I go wandering to have good conversations and the learning by opening up our out vision instead of this way and down this way. Yeah, I dunno if that's segwayed, but that's kind of how I create safe spaces for myself and also for when, when I'm traveling with people and with my mates to be able to have that safe, to have awesome

Speaker 2: [26:44](#)

conversations. Try new things. Yeah. All right guys. I want to take just a quick second to talk about something really important now and know you're listening to the show because you want to level up your game at home, but if you want to take the next step within front row dads, I want you to do something today which is text the words front row dads to three 1466517673 separate words. Front row dads. It's not case sensitive. I want to send you a few things right away. First I want to send you a recording from a masterclass that I recorded with my good friend and author of the miracle morning. Howe L rod is a father of two amazing human beings and we recorded a show called the five habits of a front row. Dad, I want to send that to you because I think it is well worth listening to.

Speaker 2: [27:25](#)

Second, I want to give you 45 minutes of a mind blowing conversation that I had with a woman named Kim and NAMI and the show is titled have better sex, hugely popular. This will rock your world and likely your spouses as well. But I want you to have access to this information. Number three, I want to give you access to 1300 other front row dads inside of our Facebook group where you can ask any question, share any win, and give any resource that you think would be valuable to the community. And lastly, I want to include you in one email I send

out each week. It's short, it's to the point and I pull from my life experiences along with the insights for more than 135 members of our brotherhood. I want to give you the best of the best in each email. So all you have to do is just text the words front row dads to (314) 665-1767 and we will get you started today.

Speaker 2: [28:18](#)

So did, you said tens of thousands of students or young adults that you've taken on these incredible trips over the years you have now, you're now bringing communities together to have these courageous conversations. What through all your professional work has informed your your dad philosophy. In other words, I'll give you like as an example, it came to me and the word is, I want to ask that question as you think about like going to a new space, right? Yeah. So when I would go to Tony Robbins events, yeah. I mean part of it's Tony. Sure. He's pretty good. The other part of it is like just leaving home, right? Leaving all the distractions and the patterns and the old feelings and vibes and going somewhere new. It's huge. Just shifting environment, like you said, go for a walk. So I use that with my kids where it's like, if I'm going to have a deep conversation or we want to have breakthroughs, sometimes you have to not just sit at the kitchen table.

Speaker 2: [29:11](#)

You got to get out of the house, go for a bike ride, go for a walk, go somewhere else. Right. Or take your kids on trips. You know, we had a one to one with tiger not too long ago. That was very powerful and it wasn't just one to one. It was that we were on a plane, that we were in a new state, that he didn't bring all that baggage with him. Right. You got a fresh slate that uh, to open up. And I thought that was really cool. What do you think that you've taken from your professional work that shows up at home, either in your marriage or your ability to parent? I think,

Speaker 1: [29:42](#)

well just on that, in regards to going to a new space and even though we're in this new, uh, chapter where my kids and Sarah's kids have two spaces, but they go between and for that some people [inaudible] clarity, a lot of people divorce, separation, uh, can be detrimental. But also it can be truly powerful and the way you phrase things. So I'm very fortunate. My ex wife is incredible. They have a safe space there and they have conversations there, but when they come dad's place, they're already wandering to a new place. We already have new conversations, different conversations. We parent differently. Yes, we have, we share between both households what's best for the kids and the values and that sort of thing. But we also have different conversations. So, but it's definitely around the going to new spaces and trying new things and it's even down to try new food.

Speaker 1: [30:41](#) Going to new cultures ignites conversations and my children that we just talked down, but I'm just giving them more free range to be themselves versus trying to mold them into these different boxes, which I've learned from Sarah is truly powerful. So I, um, I hope that answers the question. What do you think about your questions or dialogue or how do you set things up with your kids to go deep to have those courageous conversations? Well, that's what John John teachers and appreciative inquiry and I'm so grateful. I went to, uh, exchange week or flourish a year ago. I was thinking I'd come away with some structure for my business. I came away with less structure from our business and more from my [inaudible]. It was perfect timing for me being a catalyst to grow and become a better dad. So that's what I got out of going to it, asking the right question.

Speaker 1: [31:39](#) So focusing on the high points, like I was focusing too much on the low points, um, behavior and you're doing this wrong and you're doing that wrong too. Like, wow, check out this high point that we've had this weekend. And especially when I've, I don't have lots of time with my kids, but when I do, it's like at the end they actually, right after four days of spending time together, they write a list of their high points for the weekend and then we talk about them and then we'd go back the following week, the next weekend to go, how might we, so the, how might we question that? John talks about an appreciative inquiry as the most powerful sentence that you can use in business and parenting and anything. How might we create something great? How might we, uh, [inaudible] how might we share? And especially at the moment is with kids. Like I know my son is finding it a bit tough. The, the separation is he's got so much emotion that he was trying to,

Speaker 2: [32:40](#) to talk about it. I'm like, how might we talk about those emotions? And he's like, well I want to play league. Oh dead. So we actually though Lego, he loves the boat. So that's the space that we talk about emotions is when he's playing Lego. Where's my daughter? A box that we get every month from, I think it's called Kiwi crate. It's great that ah, a box comes each month and it's about a new country and she loves opening that box and it's mixed. And we spend an hour together dotting opinion matter and learning how to cook Mexican food. When she comes in, that's when we have our conversation around emotions. So it's the how might we, and so she's like other Dodo, either art and craft ed and my sun is like is build LIGO. And through that Lego we actually, and this is what Sarah does magically with corporates, is she brings Lego and magic ones into corporate workshops.

Speaker 2: [33:37](#) But it gets the brain firing different ways. It's like look at build what you think would be amazing to me and you to do together. And he built a truck, he's like, and then he booked a train life. Like, I really want to go on a train with you dad. But he built it. He didn't communicate it. He do. Yeah. I like that man. Build something you want to do together. That's great. That's a gem right there. I liked that a lot when you haven't had your kids for awhile and then you reconnect with them. And I think this will really relate to not only divorced parents, but I'd imagine somebody out there who just travels a lot or might even have some time where they're just not with their kids for whatever reason. Right. Their kids travel. Like, am I, my kids sometimes go home to Russia with my wife where she grew up without me.

Speaker 2: [34:24](#) Right. So there's times when I haven't seen them in a little while. What do you find is the best way to reconnect and establish that, that safety when you haven't been together for awhile, what's that transition look like? A routine. Yeah. And, and I go back to, yeah. Every time I pick them up, they don't play brother James [inaudible], mum and dads. That's the thing they do with dads. Yeah. And that's the catalyst. Yeah, they'd give him a car from school on a Friday and we've got brother James playing. It's, but it's, yeah. And the brain is triggered as like right on with dad, we're playing music. Great. We're in this new environment. It's like opening the door. So, um, yeah, that is one thing. It's that consistency, that ritual that just helps you sink back in. Yeah. Steve, what do you think considering all of what we've talked about so far, just in general, I'm going to go really open-ended here and say something that's going great for you that we can celebrate with you and something that you feel is challenging you right now in these areas of parenting, marriage and building a business and creating, you know, this, this evolving conversation in your life.

Speaker 2: [35:33](#) If you want to stick with that theme or go somewhere else, that's fine. But just what's great and where do you, where do you feel challenged? What I feel is going great right now is conversation. So my, yeah, first marriage was very, I comfortable everything was, was comfortable and it was a like Louise picture. Whereas this relationship is uncomfortable and challenging. But it's so exciting because the one thing that I didn't have in my first chapter was conversation and questions and that for me is just going so well. To be able to, as you said, it's the way you communicate. You might have a blow up that knowing that that block is a catalyst. Two, something around growth and how do we communicate and have a conversation around that for what's growing great is the communication and

the conscious communication I've got in my life right now around business parenting, everything as amazing.

Speaker 2: [36:38](#) What's a challenge? Is your question about that? It's a stick on that for one second. So I get what you, I feel like I get what you mean about like, Hey, sometimes comfortable is not always the best thing, right? It's often in that discomfort that we [inaudible] rub is where we get the heat. Ah, that's exciting. So let's talk about how you, this came up on our call earlier today within our [inaudible], our membership group, we have a training call [inaudible]. One of the questions that, uh, that we were exploring was how can you be honest with your partner without being critical of your partner, right? So how can you say, Hey, this is what I see. This is what's going on in my heart without making it feel like you're attacking them. So how do you have that courageous conversation without hurting or, or, you know, I know that sometimes, Hey, you know, that when I'm honest, feelings get hurt and maybe that's not my responsibility.

Speaker 2: [37:33](#) It's just my responsibility to be honest, right? And it's their responsibility to process that. But how do you find that you enter into those courageous conversations and do it tactfully so that you are walking the line with like candid conversations but not blow him, you know, not making it a, an attack session. I'll, I'll just think that it was going into the challenge actually is it is the, um, because it is a challenge because when you're having this, going from no conversations or lots of conversations is like finding the right moment. So it's not like pop the balloon and, and we do have some of those good moments. Like I'm not going to say we don't, it's uh, definitely some explosions there. I think it's understanding. So triggers is a big thing that means Sarah talk about a lot and with my kids is like what's triggering me, what's really paying you off right now? And understanding each other's triggers and if you understand each other's triggers. So, uh, for Sierra right now, if the triggers are talking about the process of

Speaker 1: [38:35](#) divorce and, and finalizing that, I know anything around that, is this going to cause blow up? And then also triggers around time management. Like I'm a stick, I can't be late for anything. And Sarah's like, well no, this is my free range. Like if we're going to be late to school, I'm going to take him for a coffee. So that is the challenge and we'll have a block around that. So it's understanding those big triggers. But then the personality types. So the love languages, the love languages has been a massive game changer for me to understand my love languages and her love languages. To then making sure each other's buckets of salt for having those conversations. And something

Jesse elder said on an afternoon, one knows Jesse, he's, he lives here in Austin. Sitting on energy is powerful and Steve in the past and probably still does throw grenades like I'm honest and I will say what I'm thinking knowing to be able to just sit on that energy for the right time.

Speaker 1: [39:39](#) This is, we're in an explosion right now. Probably best to not throw that grenade into the fire that's already burning. Be able to sit on that and then go, well I understand your love languages and bring it up. And another point versus having a debate or an argument and a packet. I've had those moments Steve, where it's like [inaudible] the words are coming out of my mouth and there's a conscious part of me that's going, don't do it. You know how this is going to go. But they're coming in, I'm out. And sometimes I real event and sometimes I just, I've watched them go and I go, there they go. Yeah. And I can see it's like a slow motion bomb. And I'm like, if this is not going to land well I shouldn't. I shouldn't. Exactly. And finding comfort in the uncomfortable to know, and this is how it helped my depression and anxiety a lot as well.

Speaker 1: [40:32](#) I'm a pilot by trade, obviously I have add. So part of it is a professional job for me, probably wasn't the right move, but I still love aviation. Is that, and the metaphors that you fly into turbulence, it's inevitable that you fly into turbulence, but it's also inevitable that there's blue sky on the other side. So yes, there is going to be uncomfortable parts be okay with that because it's just going through too. [inaudible] it doesn't stay there because there's blue sky. It's just finding out ways to navigate it. So I'm literally writing a course at the moment that'll come and using all these aviation metaphors is like, yeah, as a, I was a coat pilot to my life, not even knowing it to so long to finally jump in the pilot seat and go and why actually flying this plane or someone else inside me mentally flying and, and being able to have the right navigational tools to navigate to the right destination without crashing. Yeah,

Speaker 2: [41:34](#) there's a lot of metaphors and aviation, so that's really cool man. Oh, I liked that one a lot. That's really great. I like those visuals. Um, and I appreciate that a lot. So Steve, to wrap us up here, man, um, two final questions for you. One is about your childhood and one is about another, somebody else that's a dad. So here's two and you can take both or one or the other, whatever you want to do. But one is I wanted to ask you just as we wrap your, uh, because I was wanting to give guys like, I want to illuminate wins that other people have experienced in father and being a father, right? So one, you would have experienced it as a kid. All right. And we don't know much about

your relationship with your dad, but it could be your dad or a father figure.

Speaker 2: [42:17](#) Great in your life as a young man growing up. And I'm looking for one thing that you felt was powerful that you would like to carry forward. And then the second part of this is, and it could be one in the same, yeah, another dad that you think is doing great know it could be a buddy of yours or somebody that you know, just you think man guy is really doing something awesome. And to give them a little shout out and some props for what it is that you think is great. So take it, take either of those or one of those or none of those and you can just tell me that screw off. No worries. Um, as a childhood kind of growing up, what moment was, uh, yeah, I think again, subconsciously my dad probably making the toughest decision to be able to, uh, cause he's also, uh, on the second chapter as well.

Speaker 2: [43:05](#) And that's quite weird. Three kids. Mmm. Previous marriage, like great state brothers and sisters to having me as a only child with mum is making that courageous conversation when I was seven to take me to the cook islands. No, he didn't know. But the cook islands has had a massive deep rooting and where I am today and no one you what it would do two. Yeah. How powerful it is literally leading my life [inaudible] 25,000 kids to the Pacific subconsciously because I wanted other people to have experienced like me. It's, and now I've been even deeper into that. So I think dad for that big time to go, you had no idea on how that would turn out and it didn't turn out the best until later in life. So it was probably a mistake and my education about it was not a mistake in my life.

Speaker 2: [44:01](#) So I'm really grateful for that. There's one super dad out there that I just respect immensely and managed to catch up with them a fair few times when I'm in Canada as John Berardi from precision nutrition. And John is the most humble, incredible, amazing human, but a has four beautiful kids and amazing wife and there's Agran a precision nutrition with so an amazing business and um, had a successful exit or investment always made time for his kids and just so grounded. And whenever I get to go to his place and catch up, it's just amazing to see how grounded is he is the conversations. Obviously these kids just eat amazingly as well and he's got a book coming out as well. I think it's called maker or something. I would love to hear John, uh, on this podcast would be amazing. Yeah. Yeah. Well, awesome man.

Speaker 2: [45:00](#) Uh, well Steve, thanks for being with us today, man. I know that, uh, all these, these minutes, uh, are moments that you're

sharing with us and not your family at this present moment. But I also hope that maybe your kids listen to this, you know, one day this, this archive of your life and your thoughts at this stage in the game I think would be really cool. And I really appreciate the work that you're doing with your events because I do, I mean obviously I agree with this because it's what we're attempting to do with a very specific niche of high-performing entrepreneurial minded dads by having these conversations and people have walked away and they have said, uh, by joining front row dads that these bands, these groups of four [inaudible], these retreats where we're getting together specifically, those two things are having profound impact on their life because there is nothing like [inaudible] being able to have a specific environment to have a conversation that most of us aren't having.

Speaker 2: [46:00](#) Like I walk outside after work, sometimes my kids are playing in the street and I'll see a neighbor and it's like, Hey, what's up? And we're doing the small talk. Well we never quite get to the like really good stuff, you know, the deep, deep stuff. And that's what I think we are both. On a mission to try to get to that richer conversation that truly can be, uh, that can move from transactional to transformational to transcendent. And I'm so happy for, uh, for what you're up to, man. Uh, I just appreciate the time. Like, uh, someone I look up to and uh, I still got a front row dad that [inaudible] that you gave me in the wearing it with, with pride a new stone then that people do come up and ask about what's this front row dad? And I'm like, it's, it's a movement they're wearing.

Speaker 2: [46:51](#) This hat is about holding a space and having conversations with other dads and giving kids front right moments. I think it's what you're doing is amazing, man. And I'm just so grateful that we've crossed paths and I can't wait to it continued as front row dad's stuff down this part of the world. And um, yeah, just inspired by your work and uh, I'd love to get you some kids on this podcast. [inaudible] hear what yeah. Experience with front row dads and what the 12 months of father as being part of front row dads like. Yeah. CNRL daughter just got on a at the age of six and it's just amazing. And she gets done the best Mike drops. She's like, why are you in business? Cause I'm cause it's fun. That's meant to be fun. And we're like, Ooh, jeepers, we'd love to get some kids on this.

Speaker 2: [47:44](#) That's so cool. Thanks man. I really appreciate. I can't wait. So are they heavy down here or get back up there and have another great lunch with one conversation around it for sure man. No doubt. And Steve, where do people find you to

connect? I spoke state Perry or wonder and wonder.com endow event down in Queenstown next year is called V evolve immersion, which um, I can get these links to put on the show notes to share out that way as well. Fantastic. Everyone listening guys, you'll find Steve, uh, in all the other shows over at front row, dads.com Steve's last name is spelled P, I, R. I E. Steve Perry. Check them out. And if you can't find Steve show or you need any help with anything else, just email our team, uh, info at front row dot [inaudible] dot com and we'll take care of you guys. Thanks for listening today and Steve, thanks again for being here. Thanks very much.

Speaker 3:

[48:34](#)

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Speaker 4:

[50:02](#)

[inaudible].