

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

I think more than anything with relationships, like the greatest gift we can give is just our time. Especially with the kids. They really don't care what the thing is. It's just the time that they get to spend with you. That's most important. So yeah, more time and continue to improve and how I communicate with them and let them know like how much you really do care about them and also to help them just prepare for life as best as possible.

Speaker 2 ([00:26](#)):

All right, Brett road. Dad's welcome to the show. If you are brand new here, I'm your host John Broman. This is the show for family men with businesses, not businessmen with families. And my guest today, a new friend of mine, Nate Bailey, then with his wife Lisa for eight 18 going on 19 years, three kids and professionally, some would say he's an extreme performance coach. One of the things I really appreciate about what Nate's up to is he's doing these immersion events for men and women and helping them seek out their potential, you know, their human potential. And of course being great husbands, fathers and family men starts with finding our potential and so that we can lead at home from a place of strength and power. A fun fact about Nate's ability to step up and lead by example is that he's not only a hundred mile marathoner but he's training for a 200 mile run, which is just insane to think about.

Speaker 2 ([01:18](#)):

So very, very cool. And I'm glad to have you on the show man. Welcome. Yeah, absolutely. Thank you for having me John. Appreciate it. So dude, let's talk about running for a quick sec. Cause I have, I would say experience in this but not like very minimal endurance running experience. So I did a 50 miler to start front row foundation back in 2005 but it really wasn't, it wasn't really a run. I tell people, I say full disclosure, I did a lot of walking, a lot of crawling. It was a, it was brutal. But in the first one that we did took 15 hours. I mean, so it was mostly walking. I was [inaudible] crippled by, by the first marathon and kind of walk the second one. It took us six hours to do the first one, nine hours to do the second one. It was more of a feat of like, can we do this within 16 weeks?

Speaker 2 ([02:06](#)):

And then the second one we did in 10 hours, which was great. We did a 52.4 mile run and we did that in 10 hours. So I have tremendous respect for people who've done distance running. One of my buddies, Jon Bergoff ended a hundred miler, which is pretty exciting. And all this was because I read Dean [inaudible], NASA's book, ultra marathon man. And um, I tell this funny story about how I read his book and on his 30th birthday he went out and ran 30 miles. I tried to do the same thing on my 30th birthday, but I only made it four miles before I gave up. So massively different experience. Dude, where did all this begin for you? Where did, tell us a little bit about this endurance training and why 200 miles, man, why would you put yourself through that? So it's funny you say Dean, because I read his books as well and you put a book down like that and you kind of want to go running. Yeah. It didn't necessarily

Speaker 1 ([02:59](#)):

silly happened that fast for me. I'm actually, I actually have Dean on my podcast today, so it's really weird that you brought him up. I'm excited to have him on, but I've read his books. I remember reading an article in like sports illustrated. I dunno, it had to be at least maybe like 2004 or something like that. Might've been even even before that. And actually I think it was about Scott Jurek who from Minnesota where I live and he's like kind of like being in the ultra marathon world, especially in those early two thousands before it was really, really getting popular. Yeah. You know, as popular as it is today. But I just

remember thinking like, Holy cows, I'd never heard of that. I never even thought that someone would want to w that's helped to run a hundred miles, you know, in the marathon. And my mind was like this big thing, which a marathon is a big thing.

Speaker 1 ([03:46](#)):

It's a huge accomplishment. And um, and so I just kind of tucked that away and I'm always want to take on big challenges just for, for many reasons, to see what I'm sure the capable of. I really thrive when I have something big in front of me to train for. And if I don't, sometimes I'll, I'll get a little, I'll Slack a little bit. And so it really keeps my life in line when I have that big physical, uh, event in front of me too to train and prepare for. And then I had done something called SEALFIT Kokoro, which was a 52 hour straight through no sleep type event. I did that. And uh, it was a big moment in my life to accomplish something like that. And from there that led into me yep. Thinking, remembering back to this article a hundred mile runs and hearing some other people that had done it and being like, man, I want to see if I can do that. So that's really what I kinda came from. And once I make that decision, get that ID in my hat. I just, I signed up for a race and I was like, all right, well we're going to find out. Okay.

Speaker 2 ([04:45](#)):

And when is the 200 miler?

Speaker 1 ([04:47](#)):

So I have the Moab two 40. It's 240 miles in my sights. It's a October of this year, so I've got some time to prepare, but it'll go fast. I know that too. So

Speaker 2 ([04:58](#)):

yeah, one of our front road ad members, Jeff Latham is training for a hundred mile run right now. And uh, boy it's something else. I'm tempted to go down the road of just talking more and more about this running because I'm fascinated about it personally. But let me quickly turn this to how does it impact your family as this is the, the purpose of our show is to think about does this running impact you and your marriage and your, as your ability to lead as a parent, what type of impact have you seen?

Speaker 1 ([05:31](#)):

Well, I mean, first of all, like if you can imagine to prepare for an event like a hundred mile run, you know, there's a lot of training involved. And so I never want to do set out to do something like this. And then at the sacrifice of my family or my relationship with my kids and my wife and so, you know, again, bringing it back to really, it forces me to get my training in at times where it won't away from that. Okay. So number one is that, and then number two, I don't know if they even really realize like what I do because number one, it's not a spectator sport. You don't really, you know, to go and watch someone run a hundred miles. You might see him once and then you waiting around for hours and hours. So they don't really come out to the races. But I think the example that is a set, again, just for my kids of like, Hey, it's not just to set a big goal but to set the big goal and then actually [inaudible] they can see you putting in the work that's required to actually accomplish it.

Speaker 1 ([06:29](#)):

Like is more important to me, more valuable to me. And I start to see that in them. Like my two daughters, they're 11 and nine getting close to turning 12 and 10. Yeah. Just after the new year, they created these charts. Like they did this all on their own. They put them up on their walls and kind of

accountability for working out. Yeah. And some like no junk food and stuff like that. And uh, they put them on the walls and I was like, Oh, that's, that's pretty cool. You know? And so I could just see it. Those are things that I would like to think [inaudible] you know, part of that at least is, you know, from what they've seen from their dad and from their mom as far as the example that we set for them. And so those are some of the things you see.

Speaker 1 (07:07):

And then of course it's important for me to be healthy as well. And again, another, I want to be around for a long time with my kids. I want to be able to move and play with them. And so, you know, it's just all, all around all areas. Like I see the benefits overflow from doing these things. Do you have any concerns about with these big endurance events actually, whereas there's a point of diminishing return on longevity, you know, maybe the work that we're putting in gets to a part where it's so extreme that it actually prevents us from having health later in life, crush our knees or something like that, you know? And then ended up not being able to much because we overdid it. Do you have concerns with that at all? Uh, no. That's the short answer. I really haven't thought too much about that.

Speaker 1 (07:55):

I suppose that is a consideration. I definitely try to be smart about it. Especially, I just ran 62 miles here two weekends ago in Texas and, and now. So I don't just jump right back into training. Like even right now still I can tell my legs and my knees aren't quite 100% on some runs that I've gone on. So I just really take my time to get back into it, not force it. Oh. Because of things like that. And then, um, yeah, no I haven't, I haven't put too much thought into that. I've had a few people ask me about that. Maybe I should be, but I dunno. Right. There's no guarantees in life. So I, I kinda, I like to live in experience. Yeah. Is your family impressed by the runs or are they like, Oh, dad did out her mouth. Good for you dad. It's more in the lineup. You don't talk too much about it. So I don't think much about it either. It's not, I don't do it to be like, Oh, look at me. I mean, it feels good to accomplish those things and it's cool when, when I get talk about it with other people. Yeah. But at the same time, it really more is about the experiences and the lessons that I take from all of these different races and how I apply them into making me a better person all the way around.

Speaker 2 (09:08):

Yeah. That's funny. I feel that my family is part of their primary role is to keep me grounded, develop a big head about things. I'll come home like, Oh, I got a speech. Know, talking to 18,000 people are like, Ooh, great job. All right, what are we going to do? Let's go. Let's go throw the Frisbee trash house. I get it, man. That's great. That's cool. Hey, switching gears here, just big picture, zooming out, what's going great for you right now as a family man? What can we celebrate with you that's going particularly well in any area? Take this wherever you want.

Speaker 1 (09:44):

Yeah, you bet. Well, I know we talked a little bit about it before we started, but I was at immersion here just this past week, which is one of our programs in California and I live in Minnesota and I got a call from my daughter. Yeah. Like the middle of the school day. And so I kinda right away I knew wondered what was going on right. Cause she shouldn't be calling me during the school day. And as she was crying and she was in the bathroom and she was kind of getting bullied by some girls and it's been going on for a little bit and then it kinda escalated. They're throwing ice balls at her and she just, you know, felt really

alone. Right. And so she called me. So I guess, you know, I just bring that up like yeah, that's a weird, like some people might be thinking that's a weird thing to bring up after the question you asked.

Speaker 1 ([10:26](#)):

But why I think that I'm doing something right is the fact that she was willing to come to me. Right. Cause I w I experienced bullying and I think probably most of us have it to some level or some degree in our life. And typically, at least for myself, I wasn't running to anyone to tell anyone about it. I just kinda internalize the, which really felt super lonely and made it really difficult for probably four or five years. Right. So the fact that she wasn't willing to come to me and the fact that she is so open about it and talks to me about it, that's my biggest fear is that sometimes did you hear the stories of someone that, you know, whether they commit suicide or whatever, something really bad happens and they're like, man, they always seem happy. You know, they never told us about it, but really something else was going on.

Speaker 1 ([11:08](#)):

And so the fact that my daughters are willing to come to me with those things and not just me, but to my wife as well, and they're really willing to be open. I think that, is it also a sign that you know, we're doing something right cause it's, it can be so easy for parents. I know my wife, she beats herself up a little bit more than I do sometimes as far as if things aren't going super right. Sometimes she, she can feel like a failure right. Easily. And then it's, it's easy to overlook these times where they do come to us when they're hurting and they opened up to us. Like those are big wins. Those are great signs that were not failures at all that we're really doing well. But I think as parents, fathers, mothers, it can be easy to beat ourselves up sometimes.

Speaker 2 ([11:51](#)):

Why do you think she's comfortable talking to you?

Speaker 1 ([11:53](#)):

I don't know. I think I've just always, again, it's been important to really spend a lot of time with her to support her too. You know? I think we've always had a great routine from like day one really of, you know, at the end of the day, spending time with each of our children in the rooms and talking to them, reading those stories, spend time together. Yeah, take one on one trips, like little short overnight trips and just really show them that we care about them, that we love them and telling them that and distantly communicating that, Hey, I just want you to know like you can always talk to us. You can always come to us and, and like, you know, we won't judge and we'll be there and Melissa, that seems to soak in and, and you know, kids will know if that's real or not, I think. Right. And so they, it must be be coming across as genuine that message. And so she feels safe to be able to do that, so. Hmm.

Speaker 2 ([12:48](#)):

Yeah. How do you balance being, you know, look, you're ex military, uh, you're tough, right? You push the limits. Well, how do you balance like the tough masculine, right? Right. Get it done. No excuses. Approach to life. And I'm speculating on some of that. I'm not quoting you right, but it's like, that's, I'm guessing that's what I, I feel there's an energy there. Like I feel like you're sort of a no bullshit, like, let's get this done, type of guy. But how do you balance that with that softness? You know, that giving space, letting somebody's experience life, make their own mistakes, not always giving advice, not always having the answer. Not always telling somebody what to do, which [inaudible] the military is sometimes

it's like this is what you're going to do and this is about taking orders versus sometimes as a parent it's like allowing that space for somebody to create their own rules and it's not like [inaudible] go without rules, but does that make sense? Like how do you balance that, that tough edge and that softness at the same time?

Speaker 1 ([13:50](#)):

Yeah, that's a great question. It can be definitely something that I struggled with as a parent. I think. I don't know if, Oh, definitely speak for me a lot of times. Yeah, I do want to be able to control my kids and I do want them to just do what I say. And some of that can be from the military of like, man, you don't question. You just do. Right. And it can be how I was raised. My grandparents were a little bit older, older school, and my parents kind of fall in line from that. And it was more of a like, Hey, you don't question, I tell you to do something, you'd do it. And if you dealt with, there's a consequence. And so now when my kids are doing that are throwing a fit, it's been a progression for me to learn, Oh two be less of a dictator.

Speaker 1 ([14:32](#)):

And I really had a, you know, this summer I was, we were struggling with this with my son more than anything and I'm just, you know, I'm a coach so I'm constantly trying to remind my clients to stay open to what they don't know and to new possibilities, new perspectives. And so I'm always open as well. And I'll, I brought this to even some of our clients and what they're doing, you know, as a coach, um, I'll, I'll come to my clients that are paying me money for, for some advice or some experience that they've had some perspective and read books and just realize it just kinda hit me one day that like I'm trying to control my son and I'm like, I don't like to be controlled. I hate to be controlled. Why would my son want to be controlled? And it was just a light bulb that went off for me.

Speaker 1 ([15:14](#)):

It might be obvious for many others and it really shifted some things for me to be like, man, alright, how can I do this differently? How can I handle these situations differently to get a different result? And the moment I had that moments you would say that light bulb go off. Not saying I haven't been perfect since then, but but definitely has made a significant difference in the behavior of our our children and how I've changed interacted with them and I think it's important as a leader, as a parent, as a coach, as a business owner, whatever area you're you are in to be, I guess you'd say multi, have more than one personality in your tool belt, I guess you'd say. Right? I mean a great leader realizes that they can maybe interact and coach and lead one person one way and that you have to do that completely different with another person just like your kids.

Speaker 1 ([16:03](#)):

All three of our kids are extremely different. I think that's probably pretty similar for most families. Like, yeah, all three kids have very different personalities and so you got to interact and parents each one of them differently. And so yeah, I just try to remind myself of that, you know? Yeah. And that's, that's how I go about it. How'd you respond to the bullying? [inaudible] yeah, I won number one. I was just like, I'm in California and I wanted to, I just wanted to be there for my daughter and, but I couldn't write and I had to, like, I had to be here for these women that were in our program immersion program. And now I'm just thinking about my daughter. I don't care about the program at the moment. And so in that moment it was just one of, I know that this, the fact that she came to me, depending on how I handle this, could determine whether or not she's ever going to feel safe to do this again.

Speaker 1 ([16:55](#)):

Right. And so, you know, there's so many things going through my mind. Number one, don't mess this up and be there for her. Just tell her how much I love her, how you know, how beautiful she is. How strong of a person she is. And it really helped her to see that, you know, it's really nothing wrong with you. It's probably just more things that are going on for them and they're taking it out on somebody else and you just happened to be that person because you are such a great no lady. And then I was also like, the only way to stop this is that we have to, we have to stand up to it. Yeah. Otherwise they're going to continue to do it. And of course anyone that's been bullied or being bullied, you don't want to go tell anyone, cause you think that if you do, the retaliation is going to be worse than what you're getting already.

Speaker 1 ([17:38](#)):

And that's a hard thing to see through, especially when you're so young. Like I wouldn't be able to see that and, but I just knew it was her parents that Hey, we got to go do something about this. She didn't want to go to the office. And uh, so I said, okay, well I will call the principal. Is that okay? And she's like, and actually once I said that, she's like, yeah, like she wanted me to write. She just didn't want to be the one to do it herself. And so I think that lifted a weight off of her shoulders. And so as soon as I said that, which I did, I called the principal, I left a message, you know, told them exactly what was going on and that, Hey, that this isn't okay, I'm not going to tolerate this. And I wouldn't tolerate it if it was my children doing the same thing.

Speaker 1 ([18:17](#)):

And they were great. They were awesome. He called me back. I was very happy with how they handled that. And things have been much better for her since then. So I don't know that you always know the right thing to say the right thing to do. I think it's more you just kind of kind of go with your gut and what you feel is right and make those hard decisions. You know? Even if she would would have told me that now don't call the principal like I was, I was calling the principal. That account was going to, we had to do something. I fell well thankfully, like yeah, she, I think she really appreciated the fact that I did. How are things since then? Yeah. Since then. So that was last Thursday and it's Wednesday today. So it's been almost a week. And it sounds like things have been really good.

Speaker 1 ([18:58](#)):

I was talking to her about it last night again and there haven't been any issues. Not to say there won't be any issues ever again, but they handled it well. I think they even kept her out of it. Like they, they went to these girls had a conversation with them and, and said that, Hey, a teacher saw that this was going on versus Hey, Nina came and told I knew a witch. You know, I didn't even think about that. I figured they, yeah. So you know, principals know what they're doing and they handle these, uh, situations every day. I wouldn't want their job for sure, but, but yeah, so far so good. It's been, it's been great. And I, and I can notice even maybe even a another level of like closeness with my daughter because of that. Just just by how she, you know, she gives, give me maybe an extra hug everyday when I see your, you can just tell that she really appreciated how Oh, I stepped up for her. That's cool. Yeah.

Speaker 2 ([19:47](#)):

What do you think overall, Nate, what do you think overall is a successful parenting adventure? Like you look back on this whole thing and I know it never ends. I mean, I subscribed to that, right? Like I think it just changes how you show up as a parent, but you're always a parent so the day you die. So it's like

when you look at this, if you are on your deathbed looking back at your life and all that you've done, uh, for and with your family, what does success look like? How are you going about this? Yeah. What guiding light do you have or right. Does that make sense?

Speaker 1 ([20:18](#)):

Yeah, it makes sense. I think it's different for everyone. Different based on who you are and your personality. I think it's easy to look at certain other parents that from the outside look looking in, look like they're just amazing parents. And again, you can start to compare and be like, beat yourself up. Like, Oh, I'm not as great but I'm not doing as great of a job as this person or that person. Or maybe they're super more, maybe they just are more outgoing. I'm a little bit more introverted. I can be extroverted, I have to be. But

Speaker 3 ([20:48](#)):

of course as a coach, which is a weird dynamic. So the, so yeah, it's be careful not to get into the comparison game and just do the best that you can as who you are and what you know with what you have is kind of how I look at it, how I go about it. Well, I think, uh, you know, like Kobe Bryant's has passed away, right? His daughter was in, in a helicopter with him and, and it's just, for me, it's a great reality of great reminder of like how short this life is and we just have no clue when it's going to be done. And so what can we do today to just be the most present and with the time that we have. And as I was coming up the stairs this summer, I had this thought of like my daughter's 11, my middle daughter's nine.

Speaker 3 ([21:33](#)):

Yeah, my son is seven. And so like my 11 year old, I'm like, I got like seven years left. I mean, yeah, I'm always going to be a parent, but like in my home, under my house, I can make the most impact on her in this time. Now she goes off on her own, which is part of life and she needs to do that. Uh, and to start her own life, her own family, you know, I, the time has gone so fast. Like I've had her longer in my home than I have left, like by more than a few. And so that thought really hit me hard the summer. And then, you know, again, like, you know, the Colby just cause he's so such a, a lot of people know who he is across the world. And so it's a big thing, uh, in, in news today.

Speaker 3 ([22:16](#)):

And so that just hit hard to me too. That reminder again of like, man, just take advantage of the time that you have. Sometimes you can beat yourself up, right? Cause we don't always feel like going out to play with the kids or to be with them and sometimes you do need a little space to yourself. So it's that fine line of not beating yourself up. It's okay sometimes to do that, but also like, yeah, how much of the time can you take advantage of while you have it? And so success to me is not comparing myself to others, but really just doing what I know in my heart is like the best that I can for my children for the entire time I'm here on earth.

Speaker 3 ([22:51](#)):

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 (314) 665-1767. It's three 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. He's 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. 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.

Speaker 3 ([23:38](#)):

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 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 could 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. So if we asked your kids, if we surveyed them about what are dads most common phrases, what would they say that you are famous for quoting in the home? Oh man, I don't know. I would love to hear it. Cause you know, kids are super brutally honest and they'll, they'll let you know.

Speaker 3 ([24:41](#)):

Boy, I dunno. I mean I don't know if I have any like main GoTo one liners that I use that about for your parents when you were a kid. Nothing's really coming to mind when it comes to that. I do know, I made sure to tell my kids that I love them like all the time and the like. So hopefully they would say that like, man, dad always said that I loved him and I especially for fathers I think, I dunno. Hopefully today maybe it's happening more than it did in the past, but it seems like that's something that some fathers have a hard time with, right? Yes. It's always been like super important to just make sure that they know that I love them. Giving hugs and giving them kisses. So hopefully they, those would be things that they'd be like, man, dad always gave me a hug, give me a kiss.

Speaker 3 ([25:23](#)):

Like told me that he loved him, tell him that I'm proud of them. Those are some main ones for me. What was your relationship like with your dad? Well, my, my actual father, I really don't know. I uh, last time I saw him was in second grade and then, um, he called out of the blue on like my 14th birthday and uh, we talked for maybe two or three times over that period, over a six month period from there. And then I haven't heard or seen of him since then. My stepfather has really been my father. He's been around since I was about five, I believe when my mom got married to him and they're still together and uh, so he's really been my father for all my life. But yeah. [inaudible] which is, you know, that's an interesting cop. Yeah. It comes up time to time with my kids cause they're like, they'll ask about my real dad.

Speaker 3 ([26:13](#)):

Right. Yeah. I don't think about him very often cause he's just never was there. Uh, but they will bring it up. You know, it's, I think it's, it's weird for them of course to be like, man, my dad's here. Like it's so weird that like it wasn't a part of your life. It is like, yeah, I can't imagine it either, but yeah. Let's just kind of holidays for me. Is there a part of you that wants to find out where he is? Like do you know if he's living or where he lives if he's not really? I don't know. You know, I've asked that question. I've even asked myself the question like if he passed away when I go to the funeral, which is an interesting question to ask yourself. His sister, my aunt stayed in touch with me for awhile in high school and she

would send me photos every now and then, but she really, we don't communicate really since then either, so I want to, I have this, I don't know, I feel like he probably still is alive, but he's from new Orleans, Louisiana area, but I don't know if he's, he's still there or not.

Speaker 3 ([27:12](#)):

I, I have no idea to be honest. And I might have other siblings out there. Right. What meaning do you give to that in your life? Like how do you, how do you think that's impacted you? Yeah. As I've thought about it more, I also wrote a kind of alone post about this maybe a year ago. That was my, my kids have kind of brought it up more recently and I wonder like what the real impact is on me. I would imagine there's probably more of an impact than I give it credit then I think it does, but I haven't attached a lot of meaning to it. I really haven't, which is also partly it has me questioning is that kind of [inaudible] weird, right. Like that I don't really have as much about it as maybe some would. I dunno. It's interesting, but I don't think about it very often unless it was conversations like this.

Speaker 3 ([28:06](#)):

I go many, many days, maybe even years without thinking about it. I don't know. Maybe there's some therapy or something that can print some stuff that I'm missing. Right. Because I would imagine it impacts me at some level. Right? Sure. Yeah. It'd be hard to imagine. It wouldn't. Yeah. I mean, but I also could see how, yeah. Look if you, if you refocus your attention and you put all your effort into your current marriage and your kids and your work and your next endurance event, like yeah, there's not a lot of space there for you to just be rattling around and contemplating whether all that might mean, but there's no doubt all these experiences well shape us in some way, shape, you know, in some way or another. I would think that if anything, it probably, it has impacted me definitely from how, who I want to be as a dad.

Speaker 3 ([28:54](#)):

Right? Yeah. Oh, I want to show up and I don't want to be that that guy that isn't a part of my child's life. Yeah. I've heard it said that everything is either a warning or an example. Well, we just get to choose which it is and sometimes both, you know, it can, it can serve many in many different ways, but I think that's probably something that it appears that you've done really well in your life is whatever resource you're given, whatever situation you find yourself in, you're just getting to make the most of that. I think in the most simple way, that's kind of what it's all about and I know it's been said a thousand different ways, but it's just do what Ken, with what you have. That's the answer, right? One of the things I try to say to my kids all the time, and I learned this from a friend of mine years ago, it was asked for what you want be for what you get,

Speaker 2 ([29:42](#)):

right. So yeah, ask for what you want, but then be grateful for what you get because that's that I think is a remedy for success in life. Yeah. Very cool. When you think about this year ahead, let's talk about what's ahead of you right now, maybe even in the next year or two. How do you want to improve as a dad? What do you have as the next level for you? Where are you focusing your time and energy and effort to be a better dad, be a better husband, just be better for your family, what's on the horizon?

Speaker 1 ([30:12](#)):

Yeah.

Speaker 2 (30:13):

I think

Speaker 1 (30:14):

you can always improve like as a better communicator, right? Whether that's communicating like the thoughts and feelings that you really have going on and yeah. In your life or in your head that you don't necessarily share with your wife or with your kids. Just I think more than anything relationships, like the greatest gift we can give is that just our time, especially with the kids eight, they really don't care what the thing is. It's just the time that they get to spend with you. That's most important. So yeah, more time and communicate, continue to improve and how I communicate with them and let them know like how much you really do care about them and also to help them, you know, just prepare for life as best as possible.

Speaker 2 (30:57):

[inaudible] yeah. What do you think makes great communication? Like if you are improving in that, like what does that look like?

Speaker 1 (31:03):

I think it's um, being very clear. It's a [inaudible] of course, being able to just be there and listen and listen without speaking or speaking to over and really like relating. We talked to our clients a lot about this of, you know, the power of relating with others is really to see things from other people's perspectives. So really to, if I'm talking to my wife or if I'm talking to my kids, it's just really trying to understand where they're coming from and what their perspective is without trying to place my ad perspective on them for a long time. That's, that's how I would go about it. I'd get in my bulldozer and try and like ball them over with my, my world instead of [inaudible].

Speaker 2 (31:45):

No idea what you're talking about. Never tried to do that. How's that work for us? Right? Yeah. Yeah, no doubt. It's so interesting. I've realized that 44 years old now, I look back and think, I have moments where my wife would tell me that my ego is out of control and I would think to myself, or even say out loud like why he goes, so check my ego gray with my ego. And realizing now looking back saying, Oh yeah, she was actually right. Ah, it was totally out of control. Oh, very cool man. So Nate, what have we not gotten to that you'd want to share with? Oh, the guys out there. I've got one or two more questions I want to ask, but just I want to give you some space here to say, look, you know, there's thousands of dads out there listening right now. Is there anything that you want to tell him? I open

Speaker 3 (32:40):

space here, buddy. I don't know. I'm not, I'm not fishing for anything. I'm just saying on your heart. No, I don't know. I mean, other than just, you know, those are some of the big ones really is learn how to communicate. I'm married 18 years going on 19. Like I said, it's a long time and it has not all been roses. I'll get into that. Right? Like, you know, I've been close to divorce a few times. The fact that neither one of us was willing to quit at the same time has really kind of keeping us together. And I think a lot of people do kind of just throw in the towel a little too soon and think that they'll go find something different and better somewhere else. And, um, you know, especially with kids. Yeah. This is like, it's so important. I don't know.

Speaker 3 ([33:23](#)):

I just know the effect, especially with divorce that it has on, on your children as much as you want to make, maybe make them feel like it's not their fault. The stats are pretty strong. Yeah. I feel like it's their fault and so that's, it's worth it too, to find ways to grow and, and to come together and we're always changing, right? We're always constantly changing this people and just being willing to realize that and constantly evolve yourself. Yeah. That's kind of how I've gotten into what I do today is really trying to figure it out. How to make my life work and how to get the life that I wanted. Knowing that where I was at was not what's not working and we're willing to invest in myself and grow and learn some different skill sets and tools, especially when it comes to communication.

Speaker 3 ([34:13](#)):

I think that's the biggest thing that probably crushes all relationships is a lack of communication or effectively communicating and really taking the time and being open enough to to try and understand things from other people's perspectives so that you can, you know, be willing to, you know, your way isn't the only way. Yeah. I want to backtrack for a second. Going to the [inaudible] that you said about like, Hey, we just at theirs, neither one of us wanted to give up at the same time and I think there's a lot of truth to that for a lot of people is, you know, look, there's one person who might bow out, but the other ones they're committed and then it's reversed or just flip the script. Where did I want to go with this? I had a question on this one. Oh, I know what it was.

Speaker 3 ([34:58](#)):

It was about knowing when, when is it okay to change course or direction? Because I do believe, personally, my personal belief is not everybody is meant to stay married. Like there are moments and situations and there are definitely circumstances that I would say that couple should split up. All right? There are extreme circumstances. I also think that sometimes people just throw in the towel too early. It gets tough and like sometimes, I've said this in different ways, but like when people have young kids, I think there should be a period where you're not allowed to get divorced, especially if like you're not sleeping and you have all this, like you should just ha. That should

Speaker 2 ([35:38](#)):

just not be an option for you in that moment. Yeah, but so, but here you take like your military experience, your [inaudible] endurance training. There are moments when it's smart for somebody to stop running if they're going to really hurt themselves. There's moments in battle when you retreat and say, let's back off and not just run towards the enemy. There are moments when in a relationship that you've got to either separate or create distance or something. So how do you know in your life, Nate, when to push forward and say, I've got more. I'm not going to hurt myself permanently. This isn't going to end. I'm not being irresponsible. I'm going to push forward responsibly. And when do you know it's time to say a bowing out done. This is, I need to throw in the towel, somebody's gonna get really hurt here. I'm tapping out whatever it might be. Whatever analogy.

Speaker 1 ([36:25](#)):

Yeah. Especially with a lot of our clients is a [inaudible] that can be going through a certain, a similar situation and it always really comes down to asking what they want. If they really want two, see if they can save this marriage that they're in or this relationship, then that's [inaudible]. I tell him to do everything possible to like to make it happen. Leave no stone on turn. Like do like have zero regrets. You can look back and say, Hey I, I literally like did everything that I could to try and make this work. And

yeah, I think you'll know at some point whether it's going to or not or whether you should stay in it or not. And of course, you know, like, like you said, there are certain situations where you probably aren't going to put any extra effort into it because of, you know, it might be because like the safety of, of you and your family depending on what's going on in the relationship, if it's assuming it's not like physical or extreme mental abuse isn't going on or something like that.

Speaker 2 ([37:20](#)):

But yeah, it's just

Speaker 1 ([37:21](#)):

you're not finding a way to get along and you're not finding a way to like come together and parent together. Cause you talk about kids, right. It's like kids only magnifies the things that are going on in your marriage. Definitely doesn't make things naturally better. It's just, it's more difficult. It's harder now you got these kids and I get to decide how to parent together and a lot of times there's clashes there. Like you each have your own ideas and how you, you know, we all kind of want to control each other and control the environment in our home. That causes a lot of stress and the, and then like you said, you're not sleeping, so you're just adding all these other stresses on and it's, yeah, it's get through a certain point where you can get a little space to work together. But, so I guess, yeah, the answer maybe is, is like,

Speaker 2 ([38:03](#)):

no, no.

Speaker 1 ([38:04](#)):

If you've done enough and you'll know if it's really time to move on. I agree 100% that I would say a high majority or high percentage of the time, people quit way too soon. And a lot of it is because they, they don't know any, any different.

Speaker 2 ([38:17](#)):

Correct.

Speaker 1 ([38:18](#)):

Who I am and what I know today, if I had some of these skillsets when I was 25 or 30, like game changer and I don't know, maybe some people have those parents that are just amazing and that have modeled some of that. But I think for a lot of us, it's, you have to be willing to go and learn some of this

Speaker 3 ([38:35](#)):

so that you can

Speaker 3 ([38:36](#)):

be a better husband, a better father, a better person in general. And, uh, you know, it's just, I think that's part of life is figuring some of that out. What do you think is one of the biggest challenges men face from what you've seen running these immersion programs for men? What is a big struggle of men today in general in their lives? Specifically relating to, of course family. Yeah. A big one is, is they don't know how to communicate. They in the business world, especially if they're business owners or

entrepreneurs, cause that's what we work with mostly. There's a whole set of stress is that they have the nine to five person doesn't, right? It's not, they're not better or worse. It's just when you've got a business to run and you've got to worry about payroll, you got to worry about supporting someone else's family, not just yours, keeping the lights on, increase in revenue, everything that goes on with the business and that, Oh by the way, Hey, you got to show up as a husband and a father and beyond when it's hard to turn off the stress as a business and you usually don't want to dump that on your family.

Speaker 3 ([39:36](#)):

And your wife because now they're going to be stressed out, which in your mind you're like, that's gonna make things worse. So you hold all of that in and all the way, it just starts to bear down on you. And a lot of people deal with those situations poorly, right then might go to alcohol and the porn and the drug stuff, they might just go all in on their, their body and like just to release and because they don't know how to communicate it. And so I think, you know, is just being able to really effectively communicate and sometimes to be able to open up if you're a business owner that's used to being proud of that quote unquote alpha male and going out and hunting the Buffalo and getting the business and, and having this one persona here and then come over into the home and be the loving father and be the caring husband and, and it's, it's, it's a challenging thing.

Speaker 3 ([40:26](#)):

And so I think there's a big struggle there in between those, maybe those two worlds. Yeah. So definitely communications. The theme here where there's no, so here's the thing, if there is an action for our guys, something for them to practice, something for them to do. Is it just listening? Is it knowing what you want? What is the simplest first step for somebody to take if they want to improve their communication after this interview today? Yeah, I think a big one is, especially with kids is time, right? It's just time alone or with your spouse being intentional with that and then yes, of course then comes the being willing to listen. As men we typically want, we want to solve the problem, right? Well, when our wife really just wants to to tell us maybe one thing that [inaudible] simple step tip that you could use is, you know, if your wife is telling you about her day or what's going on and kind of venting is to just ask, Hey, is this, do you just want me to listen or would you like me to help you?

Speaker 3 ([41:30](#)):

I forgot what that's called. And like 90% of the time they'd be like, just really listen and then you can just shut up. Listen, they let them know I had a guest on the show months and months and months ago. We talked about, you want me to fix it or feel it? [inaudible] love that. Great. So it's perfect. My challenge is getting triggered. Yeah. And I'll get into a conversation with my wife. It happened yesterday. We were on a walk and we're supposed to be doing this family planning and so set in my mind that I've got to be calm and we're just going to community all this stuff that we're walking and then I say something and she responds with some energy around it. Then she's triggered and then I, I was trying to breathe through this this whole time, like telling myself like, don't get worked up. It's sure enough, it's like, it's almost like I [inaudible] blackout and then I wake up and I'm all triggered.

Speaker 3 ([42:26](#)):

And my greatest struggle in communicating with my wife right now is that she and I, admittedly, we both say it will get triggered. And once we're triggered, it's almost like we've lost control of ourselves in our ability to bite our tongue. And then we get into this drama building dialogue that like, and I just read this in a book, that when you respond with intensity to somebody who is maybe triggered themselves,

that then it just escalates. Their trigger triggers you and your trigger triggers them. Both people are doubt triggering and then you start like, once you're triggered, then you say things that you don't even really mean totally, but you're feeling in the moment and that and it's like, and then it's a wildfire just spreads like crazy. Right. You find that same thing. Yeah, 100% Oh yeah, absolutely. For many, many years it was, yeah, it was crazy.

Speaker 3 ([43:26](#)):

And now I think the more you can, yeah, we all have it. I think that never goes away. There's always going to be those moments where that happens. My wife, she knows like if she says something kind of under her breath in the other room, it's meant for me to hear that. I hear it. And then she'll be like God and say anything and I'm like, yeah, okay. It's like passive aggressiveness. It just, yeah, get me quickly. It's that. So if there's something going up or when I'm frustrating her, that's her go to cause she knows like that I'll get me in. That's the trigger for us. And at that point it's like, all right, you can realize you're in this moment and you have a choice. Am I going to just let loose and like escalate this? Like you said, which sometimes yes, that happens. I'm like, all right, whatever. I don't care. You then and then you just go at each other or it's like, all right, Hey, you just go on and be like, Hey, I just need to go apologize. And then like if you could go and just be like, Hey, I'm sorry, please forgive. Yeah, that deescalates it fast. But it's, it's difficult in that moment to do that. But I think the more you can be aware of it, the more you can get to that place.

Speaker 3 ([44:31](#)):

Yeah.

Speaker 1 ([44:33](#)):

Cool.

Speaker 2 ([44:34](#)):

Hey buddy, we're almost up against the clock here. Well, we are up against the clock, but my last question to you is about another great data out there.

Speaker 1 ([44:43](#)):

Who do you think

Speaker 2 ([44:45](#)):

in your opinion, there's an amazing father cost you, maybe somebody that you don't even know but that you just learned from an author? Yes, whatever a thought leader in the space, but who's an Epic dad and why?

Speaker 1 ([44:58](#)):

I think I know a fair amount of, but Epic dads, but one that really comes to mind first would be his name's uh, Tim Wakefield. He was the town chiropractor. He's probably 13, 14, 15 years older than me, but they came to town when they were just freshly out of college and I was in high school and kind of took me under his wing along with some others, was very involved in the community. Three kids, like they have a great family. We still get to go visit with them often. And uh, the boys are great, like their family's great to spend a lot of time together. He just was always that great example and model of a

great father, a great family. And uh, so I've been lucky enough to have him in my life for a long time as that example. So yeah, he comes to mind first.

Speaker 2 ([45:42](#)):

That's cool. Awesome man. Well, Nate, thanks for spending some time with this man and just getting into a little bit about your life and what you're going through, how you're, how you're finding your way through this life as a family man, as a businessman, you've got these events that you're doing. You really want to help people level up [inaudible] and find there, find their full potential. If guys want to connect with you further from here, they want to learn more about your events. Where should they go?

Speaker 1 ([46:08](#)):

Yeah, you bet. You could go to, um, Nate Bailey, squeaks.com and check me out there. You can follow me on Instagram as well. Coach Nate Bailey

Speaker 2 ([46:17](#)):

and uh, do you know I'm excited to follow along and hear about the 240 miler. Uh, congrats on what you've accomplished personally and also, thanks for showing up big for your family. Thanks for your service to the, to the country. I really appreciate that. And uh, yeah man, look forward to seeing where the road takes us in the years.

Speaker 1 ([46:35](#)):

Yeah, absolutely. I appreciate you. Thank you John. All right brother, take care.

Speaker 4 ([46:40](#)):

Hey guys, if you haven't already done so, go right now to front row dads.com/facebook and join the conversation that's happening right now on line. We designed this group for guys who are entrepreneurial in their thinking that are high performing guys with low egos. We're looking for the dads that believe in teaching their kids how to think, solve problems and be real leaders. We're looking for guys who believe in being family, men with businesses, not businessmen with families. We're looking for the fathers who have great knowledge but also believe that they have so much more to learn and we're looking for men who want to add value by sharing their wisdom and those that are willing to ask the questions that we all need and want answers to. That's front row dads.com/facebook or simply go to Facebook, type in front row dads and you'll get to our group and what we in there links to all the podcasts and videos and other resources that you can't get access to anywhere else except for in this group. We want to give you the best ideas to help you with your marriage, balancing work and family life communication strategies with your spouse and also your children, travel ideas, and even suggestions on the latest gear that would save you time and help you be more effective. We've got updates on upcoming events and so much more. Go right now to front row dads.com/facebook and join the conversation. I'll look forward to connecting with you there.

Speaker 5 ([48:08](#)):

[inaudible].