

Jon Vroman ([00:02](#)):

Gentlemen. Welcome to the front row dad show guest. While it's common to hear men say family first, most guys are working long hours and finding it really difficult to juggle all the priorities on this show. You're gonna hear unscripted conversations, guys who are as committed to winning at home as they are to winning at work. Each week we're going to share a new conversation digging into the strengths and the struggles of guys just like you and me, to help us level up our dad game, strengthen our marriage, succeed in business, and stay healthy along the way. If you're new to the show, I'm John Broman, married to the free spirit known as Tatyana, father of two boys, tiger and ocean and living in Austin, Texas. Let's get right into our next conversation.

Speaker 2 ([00:38](#)):

[inaudible]

Jon Vroman ([00:48](#)):

so this is great man. So we're just meeting for the first time. I'm really excited about this. And by the way, if you are listening to this show, you have found your way to the front row dad podcast. I'm your host John Broman and this is the show for family men who have businesses, not businessmen who happened to have families. And that's a slight shift in how we say that phrase, but a big difference in how we live our lives. My guest today, Philip Hartman, who I want to give special thanks here because not only did Todd Palmer connect us, but in my research of like, how did I get connected to Phillip? It was actually Jana Franklin. I had introduced me to you and then connected Brandon Dempsey in the conversation. And then like sometime later Todd jived and he's like, you gotta meet bill.

Jon Vroman ([01:35](#)):

I'm like, all right, when two people say, I've got to meet Phil apartment, I'm like, I'm all ears. All right, let's go. So a very nice to connect with you here, man, and how you feel today, what's going on in your world. Yeah. Good. Thank you John. And thanks for being so awesome. Actually, I've got introduced to you as way by two different people and Brandon is amazing. Uh, we took on other topics as well and so yeah, I'm feeling good. I'm here, Cape town in South Africa. Uh, we in locked on for the last, I don't even know, five weeks literally were not allowed to be arrested unless we go to, uh, yeah. Unless we go to a pharmacy or to a doctor. And I'm literally in lock down with triplets who are three, my twins who are four and a half. And the nanny's baby who was also three for three year olds and two, four and a half year olds.

Jon Vroman ([02:27](#)):

Holy cow man. Well there's no better place to start than right there. Let's talk about that for a minute. So, and there's no better question than just how are you doing man? How are you feeling with that? Because we all love our kids. Well, many of us love our kids, but the truth is like that's tough, right? And social distancing from your own children and cause sometimes really healthy. How are you, how are you doing man? What's great and what's not great right now or what's challenging you? It's a good question and I think it's an important one where you also have to acknowledge what's not great. You know, it's not always just happy for everything.

Philipp Hartmann ([03:00](#)):

It can be difficult running a family, especially if you want to run it intentionally, which is what you and I are so passionate about. Mmm. What's great is that I believe that I've been given this amazing insane

gift of almost time with the family together as that a lot of us will not be commuting in these times where we social distancing or even safe quarantining or being quarantined by, by an outside decision so to speak. And so if you, you know, if you think about that for a second, it's an hour to an on and off, two times in the morning and evening, have extra time with the family that we given if you can work from home. Yeah. And this is obviously besides the terrible situation where people are losing jobs and economies basically wiping itself out, but that is something to consider and, and drought.

Philipp Hartmann ([03:54](#)):

Uh, luckily we have a set of where I can work next door. There's a holiday home and we rented that house for those periods. So I use that house as an office and it's quiet as you can hear next door. It's quite lively. And what's not so great is really that the energy is very, very intense with so many kids. And it takes a great toll on my wife because literally they're not going to school before that. It's already intense with triplets and twins. So close together age wise. But no, we're not sending them to school from nine to 12, which helps a lot just to have that break, you know, so there's no break. That's the problem. And that uh, manifests in the situation in the evenings where everybody's just tired. I'm tired from running the business from next door remote you because you went remote from one day to the next a hundred percent remote.

Philipp Hartmann ([04:44](#)):

Actually, we still have, uh, work and she's tired from screaming children. Okay. Yeah, we have, luckily we have moved on any Endeca said so at least are two people but still man screaming kids and three year olds to scream. And so two, four and a half year olds, I don't know how she does it. So, yeah, in the evening we really try to have a routine where we do date nights every third night because we take uh, night shifts. Uh, so every third night literally both of us don't have a shift and then he does it and the other two nights sheet has one. And then I have one. And in those date nights we try and have fashion ship man because otherwise there's no chunks. I can such an intense spirit, but I think it's a good situation because it brings the family closer together ultimately.

Philipp Hartmann ([05:31](#)):

And it forces us to make a plan in that sense. So I want to travel down two paths here because one, I want to talk about how you manage your emotions and how you support your wife with just the element of the energy of screaming, which can sometimes you know, after it hours and days and weeks just make you want to explode. And I get some people maybe are just more naturally adept at handling that. They're a little patient by nature or whatever it might be. I want to talk about that, but I also want to talk about date night because I want to talk about how you are finding that space. What does that look like specifically for you and your wife? So I don't know, choose your own adventure man. Where do you want to go first? It's not easy. Bruv whatever is more relevant for the listeners.

Philipp Hartmann ([06:15](#)):

Let's talk about managing emotions and let's talk about, let's talk about from your wife's perspective, how do you support her, how are you giving her relief, you know, how are you stepping in and then and then maybe tell us a little about your own experience. And I always like to hear about like if you do have or a weakness or a moment of like where you broke down. Let's get real here. You know, course we do. I mean no one can tell me that with one child or five it doesn't really matter. You don't sometimes lose it because they are well designed to push your buttons and children are ultimately so fish where they would try every single Avenue, whatever they can come up with to get the word. Because I haven't

learned empathy yet. So they will just try and get whatever they need to do to get and they'll do whatever they need to do.

Philipp Hartmann (07:02):

So yeah, of course we lose it. Um, of course I lose it sometimes. And the amazing thing about being a dad is that you can acknowledge that and the next day you can try and be the best at you can again. And it's fun and kids can also learn that you make mistakes and one should be open about that. And I apologize to my kids if I'm making a mistake and I tell them and it's uh, that helps because it levels the playing field. Okay. I'm saying I'm stealing all of these amazing insights from my desk from [dedicated.com](https://www.dedicated.com) because they tell me, but this is really, this is really what I tried to do. I try to be authentic with the kids and, and also with my wife. So strategy, you asked on how [inaudible] situation and how I live yet we'll try to alleviate the pressure from my wife. [inaudible]

Philipp Hartmann (07:52):

manage what, for instance, we talked about time and who does what when. So for instance, on the weekend now in locked on, I take over completely the kids and luckily we have a garden, there's a big veggie patch and the kids just got side and they're out there for two days and I'm just, and they just basically with me. Sure. They go inside sometimes, but stay with me so she doesn't have to do anything with kids. That was two days and yeah, otherwise we're trying to be intentional around time and routine, which I think helps everybody in the house. So dinner's at five. We have family time together from seven to nine in the morning where there's no work, obviously no phones, nothing. We just have family time. At nine o'clock I start uh, in the office half a minute to the office. So that's easy.

Philipp Hartmann (08:39):

And if I'm making, I go next door at 12 o'clock for lunch. And so that kind of routine helps after dinner from five to seven bedtime, a routine. And I support in that, that I make take two, one or two kids and I get them ready. And the nanny and Vanessa Gates, the other kids ready. And so that's kind of a groove that's, that's been happening. I do the twins usually they're a bit older. And when is it as the triplets? Yeah. And that's the same routine and yeah. Can we just take a minute to honor what you just said, Phillip? Wait dude, you handle the twins and your wife handles the triplets. You know, I am so grateful for that statement because I'm no longer going to complain about bedtime routine with my five-year-old and my 10 year old. But sometimes I'm like, this is so tough, right?

Philipp Hartmann (09:29):

My heart goes out to you. And how old are they again? How old are the triplets and how old are the twins? The triplets are three and the twins are four and a half. Wow. Yeah. And all this, by the way, within 18 months, right. Like you became, it was all within 18 months. I mean, people could have done the math there, but I just had to make that statement. And that's amazing. I know even faster if we, so just tell you the story quickly. What happened was that, well let me tell you the whole story basically cause that's also why I'm ready man. Tell me the whole story.

Philipp Hartmann (10:05):

So we try to have children for a long time and it didn't work, you know, with like with many people. And then finally Vanessa pregnant after years. And I mean it was, it was quite tough actually because as a dad, well becoming a dad you try to support this very hectic and intense emotion. In my case, and I've heard it off other people as well, the wives will, you partner with the mother really, really wants to be a

mother and if it doesn't work, it's like totally hectic crew. I mean it's so difficult for a man. I think it's more easier because you can still make it whatever, you know and like okay it's going to work next time. But for a woman is his expectation. At least that's how it was with us. It's this expectation of okay it kind of, it has to work now in this moment.

Philipp Hartmann ([10:53](#)):

There's a period now it's possible. And if it doesn't work, the workforce to pieces. And I had the feeling as a man that I was just like on the side and I couldn't Porter in that emotion in that sense. You can't really do anything other than saying here it's going to be all right. It's going to work next time. But you don't know. So that was the first time where I felt that there's nothing out there for that. This was obviously before I found your front door that yeah. And then [inaudible] yeah, yeah, it's quite, I found it really challenging and so eventually finally she fell pregnant and that payments didn't work and they literally had to take the embryo out because it was a molar pregnancy, which never happens and it was super, super emotional. So again, I was like, can't really do anything in our contact that pain away.

Philipp Hartmann ([11:43](#)):

And actually on a side note, I really only dealt with the loss of that baby a year later because you know what I hear now is that dads often take the role of the say we are kind of and they soldier on and yeah, that's also not healthy. So anyway, so that happened and then we got a call a couple of months later from an agency that does kangaroo parenting or they find kangaroo parents that bring babies in. Kangaroo parents together. Quick concept for you guys. So the Africa, kangaroo parenting is something where the babies are placed in guest families for three to six months, sometimes a year. Um, in which period? The government, Oh, the agencies get the baby, uh, legally ready to be adopted. The reason for this is that in South Africa mothers can change their mind for three months after, you know, when you say, cause someone can adopt a baby, you can revert that to Susan for three months.

Philipp Hartmann ([12:38](#)):

So don't want to put babies into the adoptive family. Yes. Because obviously the trauma is huge on both sides. So these kangaroo parenting, we had signed up for that easily and we were like, okay, we're going to have a baby into, into the next family and over this whole pregnancy, that didn't work. We'd forgotten about it that we were on this list. So they called us and I said, yeah, I used to keen and we were in a super vulnerable space, man. We were like, Oh yeah, sure, yeah, but it's two babies and they're twins and obviously we're not gonna separate them. So, uh, the suggestions that you have to be there tomorrow and within a week they have to be out of here doing some hospice. There's six months. And we were like, okay. So we went there and they were like this beautiful too, the goods and we visited them and yeah, of course we couldn't say no anymore because now it's not these babies.

Philipp Hartmann ([13:30](#)):

And literally within, no, I don't know, man, a month or so, finally I must have the courage to say to my wife, you know, I'm not going to give these babies back. We've got to keep them. And, but then we got like super scared because the adoption or the kangaroo parenting agency fostering, it's called as legal term, the fostering agency told us this is not adoption. If you want to adopt, you have to go a different route. There's like different interviews to take ups, blah blah blah. And so we were like, Oh man, they're going to take these babies away from us. So we told them and when a cat's okay we're going to make it work. And there again in this whole process, it was quite stressful for me as talking as a dad of course was stressful for my wife as well. But I read us again, there's nothing for that.

Philipp Hartmann ([14:18](#)):

I mean to put in perspective, we had like a week between the call and the baby's at home, like a week from instant debt, from zero to twins, seven days. So that was that. I mean luckily my wife's a doula and braggy yoga, a yoga instructor. And so she's super into babies and she Hmm. When it amazingly so. And then of course, because we said 13 months from zero to five babies, within six months she fell pregnant with triplets and you know our reasoning was like, yeah, okay, now we have the twins. No let's try for another baby. It's going to take 1 million years again, like last time and then of course triplets in six months. Okay. The first thing, that's the best response right there, man. You literally couldn't have scripted a better response, like stressful, you know? And again, I realize there's nothing for that perfect guy to have five kids and less than two years.

Philipp Hartmann ([15:22](#)):

Like if I was going to be in battle with somebody, you seem like the most even keeled. Like I know we just met, but you seem really chill. I love it, man. It's so rewarding. I don't know what I did with my time before. It's, it's so, so good. And yeah, you know the, the, that time was also stressful. What happened was the doctor, the first thing the doctor said to me, you are so you can have a reduction, which is a rude, a way of saying you can have an abortion. Which is where you literally put a needle into, into two of the embryos in pregnancy and yeah, hard decision because we had just lost a pregnancy and he made it fairly clear that this is not a risk situation where the wife can die or the mother can die all the babies or everybody, you know, obviously you decided to not have a reduction.

Philipp Hartmann ([16:09](#)):

And then we went through this whole pregnancy where after six months she had to be hospitalized because literally there's no space in the belly. I mean the babies came out on the side outside in front of me, so yeah. And then we were in NICU for a long time. Okay. Again, then I realized there's nothing for that and that's why I started this project, which is [inaudible] dot com I speak to unique dads and ask them to share the experience because I believe in, I mean you're doing a similar thing here. Um, you were just doing it on a bigger scale because you have the mastermind thing as well. But I mean, I love the fact that, and the, the past few years that are starting to speak to each other and to share experience [inaudible] lead with vulnerability and two actually open up because the old role model, my dad speak about like bad stuff, you know, that go emotions that back didn't feed her and now the world has changed.

Philipp Hartmann ([17:08](#)):

And to make a full circle, I think that this whole a lockdown situation and this whole virus situation is bringing everybody closer together in a sense that the people are much more connected. If we were connected through sports in the past, now we connected through this virus, if, if you know what I mean? Yeah, yeah, yeah. It was good, man. That's quite the story Philip. And I just want to say that I really honor the path that you've been on because look, I mean, I have two boys, a 10 year old, the five year old. We did this one at a time. We had five years in between each child. And I know what life looked like for us. No, they know how, uh, you know, I felt like I was drowning.

Jon Vroman ([17:50](#)):

You know the Jim Gaffigan, the famous, I think it was Jim Gaffigan, right? The famous line where he's always like, what's it like to have four kids or five kids or whatever it was, and he said, just imagine having like you're in the water and you're drowning and you've got like, what do you mean you know

what I'm talking about? I don't remember exactly what he said. It's like you're drowning and somebody throws you a baby and says here, and I guess that that visual of just feeling like you're already you drowning and yet here's this. Okay. Little being the sort of human who needs you in such a big way. Anyway, I just went my way of saying I'm taking a long way of saying, Hey man, thanks job. Thank you. Your responsibility to take on. Let's go back to, I want to go back to the date night if we can.

Jon Vroman ([18:32](#)):

It's a little bit of a hard pivot to jump right into that chat, but I think that was so important. Then part of being a great dad is being in a great relationship with your partner, with your spouse. So tell me a little bit about date night and how you're making that work. Yup. Okay. So I try to be very intentional around family. Obviously sometimes it works and sometimes I fail miserably edit anyways, I have the intention and so my mission for Emily is to live a life with the often my wife's and children's love and respect will love and respect are intentionally uh, they in the same sentence because left without respect as respect can be, [inaudible] would be the wrong word. But respect without love or two doesn't work. And so what we do for this is that in order to achieve this goal, it's obviously a lifetime goal.

Jon Vroman ([19:28](#)):

I try to schedule certain activities, lack of training. You know, if you want to get better at a sport, you need to practice. And so I put these things in the calendar obviously with my wife who scheduled it out for the year out. And sometimes it happens and sometimes it doesn't happen. It should always happen. But we have once a week, months, we go away for a night. So it's actually called way date night. We leave Friday afternoon and we spend a day until like Saturday, whatever, and come back. And often it's just a nice dinner and we sleep and we lie somewhere by the pool. And that's it. Yeah. Try and, yes, some of that time to work on our family mission and vision and other nights are literally date night, which we do once a week. I'm going to tell you now how to locked on that. That works because we actually discussed that yesterday and we're going to implement that from tonight. So in those diet nuts, we go away once a week. We go for dinner, usually in, I organize it. So I, what she has to do is, yes, uh, we're going to vote for this and she has to be ready. I made the booking and we're going for dinner. And since we can't go out for dinner now, I realized that it's kind of odd. Own quality time is falling away. So we've got a

Philipp Hartmann ([20:46](#)):

quantum of time that we need to use for quality.

Philipp Hartmann ([20:51](#)):

Mmm or two upload the kind of quality of of time that we want and we actually had a bit of a argument or fight over it yesterday because my expectation, well it's different than her understanding and I didn't really voice it and you know I had in my head, no, it was dead night yesterday item I my that I'm going to take a shower, put on a shirt, she's kind of going to do the same and it's going to be date night and we're going to spend a special evening and we have a glass of wine and we sit at the table and what she wants to do. And again, it's just communication. Everybody can relate to that yet. And she was stuck. I left down the car and just relaxed because she was finished on the day and then I actually reacted. You can have the wrong lens I got, but this is know state and I can kind of, but what came out of it was a good, the healthy conversation where we now have the rule that every third night is date night and we're going to take turns.

Philipp Hartmann ([21:38](#)):

Some of each of us preparing something special so it can be that I give her a massage or she picks out a nice movie or whatever it is and we're going to have dinner that evening together after the kids are already sleeping. Cause now we're going to, at the moment we eating with the kids, which takes away from all quality time, which I don't find hurts you because if we let the children wipe away, everything is in this lockdown situation. You're not, you're not going to school. [inaudible] don't want to sleep in the evening. They want it. They scream the whole day and then at night they wake up and you have to do a night shift. You're not going to have relationship anymore. Kind of almost demanding that we have dedicated time where we'd like to stay at night, where we make just these quality moments happily intentionally. Oh, on a regular basis. Yep.

Philipp Hartmann ([22:31](#)):

What's up guys? I want to take a quick break to talk to you about our private mastermind that we call the brotherhood. Now. We created this unique community for a very specific type of man and you may just have found your tribe. If you believe in the power of relationships and perhaps you're always trying to out-give everyone around you. You crave ideas that make you effective and efficient in all areas of life. You resonate with the idea of being a family man with a business, not a businessman with a family. By joining our brotherhood, you'll have access to weekly interactive training calls. You get to join as many or as few as you like. Our guys commit to one of these each month. Optional small groups designed to create meaningful connections and higher accountability, a private resource library accessible to only our members and we have challenges throughout the year to help you push your limits and we even involve your family.

Philipp Hartmann ([23:13](#)):

In a few of them. The brotherhood is where I'm connecting every day. I'm asking questions when I need help and giving support wherever I can. Our brotherhood was created for men with wisdom, but also those who are wise enough to know there's more to learn and the guys who value investing time to work on their families so they can make the best of their time when they are with their families. Now of course you're a badass. You can do a lot on your own. You likely have for many years and yeah, you probably don't need front row dads to have a great family and to love on your kids and have a great relationship. Well, one thing I know for certain is that men for years have better in tribes

Jon Vroman ([23:46](#)):

versus trying to brave the world in their own. Here's what one of our members has to say about the brotherhood. The message of what you're doing and putting out there resonated with me at such a high level. I knew I had to be a part of it and because I didn't know that this existed. I didn't know that front row dads was there and that community existed in that way. I mean family, men with businesses, not businessmen with families. That changed everything. That one line shifted my entire thought on what you're about, what this community is about, what brotherhood is about and what this group is about and I would say if you are a dad or an entrepreneur or a father or a husband and that resonates with you, this is a great community to be a part of because it's unlike anything else I've seen have.

Jon Vroman ([24:28](#)):

We want our kids to have great relationships and learn from others. We should lead the way and model the behavior we want to pass along. Look guys, the time is now to pour into your family. I read an article by Tim urban that put everything into perspective for me about how important it is for me to get

parenting right. Right now. He wrote that 93% of all the time he'd ever spent with his mom and dad happened before he was 18 years old. And it's crazy to think that I've got only eight more years before my oldest son is an adult. I feel confident saying that no matter how old your kids are, the time to go all in on your family is right now we have members with newborns and we've got guys with kids that are grown adults members with only one child and guys with 10 people with blended families and everything in between. Well, by joining our brotherhood and choosing to invest one to two hours each month, we can help you make the most of your time that you do have with your kids. So no matter how great you are, a fatherhood marriage, juggling your work and your personal life calendar, we can help you be better. If you're ready to take the next step, go to front row dads.com and click join the brotherhood today.

Jon Vroman ([25:34](#)):

Man, you've got me thinking, dude, sorry. No, this is good. This is something I needed to hear. And you know what I saw, I saw one of my friends drew Manning, he did this video. He's the fit two fat two fit guy. Many of you know, um, had him on the show and he did this, this post, which I caught just a minute of uh, but it looked like he was like doing date night, you know, got dressed up, got in the car, drove out like, you know, like to be able to differentiate like this isn't just like I feel my personal experience Phillip, is that this isn't just about like Netflix and chill on the couch. Although I'm not saying that can't be valuable too. A couple right to be able to do that or just grab, you know, a quick massage isn't valuable.

Jon Vroman ([26:19](#)):

I love those things. I love watching movies with my wife. I love if we can just go like massage each other a little bit or all those little breaks sitting around the campfire in our backyard. Those are all nice things. But what you just reminded me that I've been failing at, so this is an admission of like failure that I plan to change after the show is that I'm not creating something different right now. I'm not being creative enough with date night. Like why can't I tell her that I'm surprising her get her dressed up. Why can't we drive some, I know you can't do this where you are, but we can like we can drive in the car. It's not illegal to drive somewhere. I mean we can even like go find an open field somewhere now the state parks are closed and all that, but we could find a remote field and why not some candle lit picnic dinner in an open field somewhere where it just is different.

Jon Vroman ([27:10](#)):

And I realized that's all based on geographic location and what your rules are of your city or state or whatever it might be. But my point is if we're looking at doing what we can with what we have, how do I shake it up? Somebody said what was tattoo? Oh my wife Tatiana was reading something the other day. She was cracking up in the car and it was something like I'm going to put bottles of alcohol in all the different rooms of my house and go bar hopping creative ways to like shift there domain. Right. And one of our front row dads, a guy named Michael Chu Chu, he says domains for focus. It was actually brought up on one of our private members calls cause we do these virtual meetups twice a week within our group that guys are welcome to jump on and meet other people and talk about things.

Jon Vroman ([28:00](#)):

And we have trainers that jump on and teach big ideas. He taught this domains force focus, right? So how do we adapt our geography? How do we work with the environments that we have to shake it up? You know, I saw somebody else who'd created like turned their bathroom into a disco dance party, right? With the lights and like what can you do too? You just challenged me Phil. That's my point is like I

just wanted to reflect back that I'm walking away being challenged in a positive way to rethink date night. Yeah. So that's a big one for me today. Thank you. Yeah, and thank you. And again, I'm not saying that I'm perfect, I'm just saying that I'm trying to be intentional about this, which is what you've just reflected and you know you can do, you can not just, I love this concept that you just described and I would say it goes one step further.

Jon Vroman ([28:51](#)):

You can also channel historic moments that you had in your relationships, especially moments not for instance, we have a wedding song better together by Jack Johnson and sometimes I'll just put that song on and of course I can immediately, okay, both of us back to that moment if I use it correctly, you know, and there's no words required and she has the same feeling immediately as on that beautiful evening. And so you can be intentional around those things as well. You don't have to even drive anyways. It is a mine, let's say it. And that's for instance why I thought taking a shower and putting a shirt on is will you put me in a different, in that different location without having to anyways. You understand what I mean? Yeah. Oh man, I'm, I'm a huge fan of this. And in fact, when you just said that, reliving memories, I mean this is a huge part of the front row foundation, this charity that we started almost 15 years ago where our whole mission is to create hope for the future, celebrate the past and then in the process try to find ways to live in the moment, right?

Jon Vroman ([29:51](#)):

That's the three forces at work of what we call the front row factor. And you know, this idea of celebration is so important. I remember as a kid, my dad busting out the, maybe it was it, I don't remember size tapes. These are books, you know, it's like the real, the movie real. Like he would literally take the film and he'd put it on the movie screen and we would play movies. And I remember watching those as a kid and I loved that night. We didn't do it very often, but man, I loved it. There was something about looking back and then it reminds me of these, this routine that I have every week. Philip, you're going to love this by the way, this there, these are pictures that I print of my kids and my wife every week, and then I write them a note on the back.

Jon Vroman ([30:33](#)):

I need to come up with a name for this. By the way, guys, I've promised a one year membership to front row dads. If somebody can help me name this. My buddy Twan the other day called it, what do you call it? A photo moment, right? But it's this idea of like taking a photograph each week and writing a note on the back to catch people doing the right thing. That's just a form of celebration. It's a form of looking back and bringing the best of what was into this moment, you know? So that's really cool, man. I love that you're, I love what you're doing. It's quite a visual field, book of love. Say that again. It's a visual field book of love, a visual field book. I think so because you're not, you don't even have to date the pictures. You just put down the emotion.

Jon Vroman ([31:16](#)):

Whatever happened. Maybe she or he said something to you that's valuable and you put that down. And again, I'm quoting from someone from my podcast, not my own concept, but what's your allowing is that are you allowing the child's to have an impact on you as a dad? And so as you change the child by being the dad you are, you were willing to allow him to be changed and giving those, those visual field books to get charged after a year or two or 10, you are literally handing over that impact that the child had on you and you're acknowledging that with those, with those pictures and your notes. That's cool.

Phillip, one other thing I wanted to talk about, I'm going to bring this back into the conversation. You mentioned it earlier, was gardening on the weekends. So okay. Personally interested in this right now, because my wife and I are in the process, I'm looking at it at the part of our yard where we're going to build this raised garden. You know? Yeah. So tell me a little bit about, I don't even know if I don't have a specific question per se yet, but, uh, tell me about your gardening adventure man, because I've never done this. I'm excited about it. My mom's big into anything gardening related. Like she, this has been her life for years, so I've been exposed to it in my world, you know, since I was a kid. But can you tell me about how you stumbled that, what you're

Philipp Hartmann ([32:39](#)):

doing right now, what do you grow in? Like what meaning is the garden giving to you and your family? Yeah, it's very good question. So I think that, so there's different number of levels that I attached to gardening. I think that gardening is a political act in itself because you kind of, I guess you're kind of making the move it back even if you're obviously not gardening too, to be self sustainable, which you kind of pivoting back to being more connected to your own food because we are very connected as a third world nation with our food. You know, a lot of people don't know what they put into their bodies. You look quite healthy. I'm sure you exercising, you understand what you're eating, but many people don't. And so gardening is, is a, is a political act in that sense. And you know, we don't have to go into the corporations or whatever, if people want to attach that they can, but you don't have to.

Philipp Hartmann ([33:26](#)):

And I think and others, um, level is that everybody should garden or at least have a compost even if it's just and understanding of what nature does and how I should say advanced society in brackets does to nature and the world. And yeah, by the way, it's a good thing in terms of ecological challenges that we have in this world. You know, what we do now as a family in the garden is I show my kids the wind farm and they love it and they go and show me the way me's. And so it's, it's also on another level, it's a very powerful method for me to connect with the kids. So they take the [inaudible] and the beginning of a screaming because the women's particularly in and not as check the women as well. And they kind of, they run the rounds with the way armies and they make a whole me family in their hands and they have all these women.

Philipp Hartmann ([34:12](#)):

And so, you know, I, I kind of, I garden food because you asked what I'm growing. So I've literally, I've got a 60 square meter veggie patch, which is now growing on steroids because we are in AF, we are in South Africa and we are on forced lockdown. And I'm literally producing food firstly because I believe in it. But secondly also because there will be a problem in South Africa with food. Uh, not that I can't afford it, but more less advantage. Yeah. I already have an issue accessing food because the economy has collapsed with, you know, with Colbert and net. I would love to actually maybe talk to you if you can help me support a fundraiser that we're doing to feed kids, to feed children in school. You give it a plug right now. Okay. So whoever wants to share the link, whatever you want, man, that's, let's do good.

Philipp Hartmann ([35:02](#)):

Okay. This is awesome. Thank you. This is a, this is something very, very close to my heart and we literally started it in my company. We have a digital agency, it's called gsd.org and we write there about it and also you can find info, uh, on it on my podcast, daddy.com and what we're doing is we are, we've partnered with an NGO in Germany and an NGO in Switzerland because it's much easier for us to find

money in euros. And Frank's obviously, and maybe there's someone listening who is in the States who wants to help us train and money from there to here. The issue is that, you know, unemployment has obviously,

Jon Vroman ([35:38](#)):

I don't know, I should think it's almost a hundred percent in the less advantaged areas, you know, because people are not allowed to go to work. So kids are hungry and the schools are closed where they usually get fed. So those feeding programs aren't working. And what we're doing is we're creating a channel where any partner can join the idea that the current name is 1 million meals, but it will be, that will be a different name because 1 million it has been used before. So if you want to find it, go to [dedicated.com](#) and reach out to me. And what we're doing is we, we finding money to channel it into feeding schemes, existing feeding schemes because there's not time to create an NGO. And also we did you just channeling money and then we will feed kids in schools. That's the sole focus. So it will only be food for kids in schools through the school channels and through church or whatever they are.

Jon Vroman ([36:31](#)):

And the campaign would run until the end of the year. There's two reasons for that. It's much easier for people to understand that there's an end goal, which is a certain number of meals or translates into a certain amount of dollars and by a certain date. So together we can achieve this. The second, and the reason is that we want to instill hope at the same time next year. The economy is running much more into entrepreneurship, you know, small entrepreneurs. But right now, right now people are going hungry and kids are going hungry and it's important that we use our effluence and our network to support those kids. Yep. Phillip man, my respect for you just continues to grow. I'm glad we got connected here because uh, you know, I just had this internal thought that I'm going to make external now and that is, I just thought to myself, here's this guy who's on lockdown running his business, right?

Jon Vroman ([37:26](#)):

This digital marketing agency, I think you're involved in several different things, but your digital agency, you are a father, two, five children under the age of five and you're doing date night and at the same time you're leaving space to figure out how to feed hungry kids that are not your own. Because that to me is like exactly the type of guy that we are wanting to build with in front row dads. You know, we have said for years and years that good dads look after their kids, but front row dads, think of it, everybody's children as kids that they can be a father figure too. Right. And I just had my friend Akira Chan on the show and he was quoted by Vishen from mind Valley is saying something to the effect of like, good men look after their kids, but ordinary men look after all kids.

Jon Vroman ([38:20](#)):

And I think that there's something to that with you in this moment that I just want to pay. I want to give you props and say thank you for that man. And thanks for having the courage to bring that up and make a statement. There's so many things you said that I agree with and by the way, feel like I'm failing at because it's like one thing to do takeout from your local restaurant to support the local restaurant. That's right. Awesome. And thank you for anybody who's trying to look out for other people in unique ways. But the question that I asked myself is, can my family do a little bit more for other people right now that are really truly struggling in some very, you know, basic human needs categories. And so thank you man. Thank you. Thank you. And let us join forces on this because imagine, I mean everybody who's

listening here is it that every dad who's listening is into family man, why can't we as as a group, why can't everyone have this group?

Jon Vroman ([39:20](#)):

If each state adopted another debt in South Africa? Yeah. And hope them feed the family, it looks to nothing. I mean, Amelia, it's 30 cents. You know, the way these big soup kitchens work, I mean we, it's so easy for us to make that impact. Like I found a network in Germany, they're called sky media. They one of the bigger pay TV channels. They are giving us free medias. That's why, because they empathize with the mission. And secondly, we see 50% of media budget in the market. At the moment everybody's putting media so they have free space. So if some media companies listening, please give us the space. Good. Let us run our spot. It would make a massive difference. You know, we are already creating this reach now. Yeah, it will cost you nothing and it will make a huge impact for many, many people. Well Philip, thank you for being on the show man.

Jon Vroman ([40:14](#)):

And real quick, we mentioned it briefly also, but if guys want to connect with you either just to say thanks for the show or they want to go listen to your podcast, if they want to find your business and get some digital marketing help, point us to a couple of places where they can find you. Yeah, so the easiest would be LinkedIn, I guess everybody has that. So [linkedin.com/Phillip Hartman](https://www.linkedin.com/in/PhillipHartman) and then the number two P, H, I L one L, I P P to P's Hartman, H a R T M a N N, double N and then the number two, the number two, not the word two. Anyway, we'll link to that also in the show notes at uh, [front row dads.com](http://frontrowdads.com) we'll put everything there. So my notes here, buddy, I got, I got a lot of notes. Things I'm thinking about man, things I'm thinking about like for sure how to make date night more exciting.

Jon Vroman ([41:05](#)):

I'm going to think about reliving some of these memories, you know and in some unique ways this field book of love and one of my favorite things you said man, which happened right here at towards the very end is that why gardening is a political act that makes me want to have an entire conversation with you around gardening and I want to introduce you to, and I want to talk about some of what may be mutual friends of ours. I don't know if we were in the same camp here, but my, my friend Reiland Inglehart who is one of the owners of cafe gratitude. He has okay program a website called kiss the ground and he has an image. There's an amazing book and movie behind all this. And so the idea of composting wasn't even on my radar several years back, but now we have a compost pile and I think that it is actually one of the most important things for dads to be doing at home.

Jon Vroman ([41:56](#)):

If you are in a place where you can pull this off creatively, but we should have a chat about that some time because I think that in order to truly save a world that our kids are going to be growing up in hopefully, you know, in decades and centuries to come that we needed to have that conversation. We need everybody on board with that. It's almost imperative. I would love to speak to you about this and this is so true. We are good word and this is another aspect why it is global. The celebration of the word is important. Other, you know, besides the fact that people are hungry and economies it's screwed. But the word is too fast and we're depleting too much and we're depleting it at the cost of our children and we are at a, Oh no, that needs to be changed because we are already in a position where we understand what we're doing.

Jon Vroman ([42:46](#)):

We have the technology and the knowledge not to do so yet we're not changing anything. And you know, all kids will ask us, what did you do when you were part of changing this future for us? Were you working towards a better future of this planet? Well, not. And let's start a compost, start gardening. Just get into, get your hands dirty and the hands in the ground. Good for the soul, man. It's good for the kids, good for everybody at any age. It's just the right thing. It's a killer. So, uh, Hey man, thank you so much buddy. Really appreciate you being here. Any final words, anything that needs to be said that we left on set? No, I'm really, really grateful for the time. Thank you for letting me hijack that stage. I love what you're doing man. And Hey, if you are stealing my field book of love, I'm going to take that yearly. That's awesome. And do let us speak about compost and yeah, thank you for giving me a time and I applaud you for what you're doing. You're having a big impact on families around the world and don't underestimate it. This is a, it's a lonely cause and you're doing it full time know. Yeah. Full time. Very well done. This is amazing. Thank you for letting me be here. So thanks again man. Appreciate it. I look forward to more.

Jon Vroman ([44:02](#)):

All right, cheers man. Hey guys, thanks for listening to the show and if you enjoyed this one, consider what other dad out there would enjoy it. Also in pass this episode along and guys make sure you're subscribed to the podcast so that you get notified whenever we release the latest episodes. And if you could, would you leave us a quick review if you haven't already done so and if you have thanks because not only do I read every one, but tons of other people are reading them too in the more of those reviews we have and the better they are, the more chance we have to get other guys to say yes to checking this out and we help them in their journey to fatherhood and having a great marriage and just kicking ass family life. And also before we go, would you like to get a short weekly email with a timely insight?

Jon Vroman ([44:40](#)):

And every Thursday I send out this super short three minute read with a personal photo from my own experiences as I try to go all in on family life. So if you want to get some recent relevant and real stories of my failures and the few of my wins, then text front row dads to three one four six six five one seven six, seven and you'll get our weekly insights email blast on the list. Guys, if you're still looking at whether or not you should join the brotherhood, then I want to leave you with a few comments from guys who are part of our tribe and here's what they have to say about why they joined, what value they're getting out of our brotherhood. So if you're ready to say yes, just go to front road ads.com and click join the brotherhood. I'm super grateful. I was just at an event and I wore my front row dad's hat. I can't tell you how many people ask me like, what's that all about? And it's just so easy for me to talk about it because it's had such a big impact on me. That's a group that I'd been looking for for a long time, and I love what you're all about and I'm really grateful that you created that group.

Speaker 5 ([45:38](#)):

There's this whole other level that is there that's like Epic that you can reach if you're listening to this, you already care about your family and your kids and your wife and growing. So I just challenge everyone that's hearing this to take it to the next level, whether that's joining this group or some other group, but just take it to the next level to take your family to the next level.

Speaker 2 ([46:08](#)):

[inaudible].