

THE
Family
BOARD MEETING

You Have 18 Summers
to Create Lasting Connection
with Your Children

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Published by 18 Summers Publishing
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Digital ISBN: 978-1-7323629-0-1
Paperback ISBN: 978-1-7323629-1-8

Second Edition

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OUR PURPOSE IS TO STRENGTHEN FAMILIES

We believe there is nothing more important than the relationships we create in our life, especially those with our children. When we strengthen these relationships, we automatically live a happier, more fulfilling life.

Our team is committed to providing our community with simple rhythms, lessons and experiences that harness the power of quality time, deepen connection, teach the important lessons not taught in school and create moments that will last forever.

The starting point is our *Board Meeting Strategy*, explained in the pages within.

INTERNATIONAL ACCLAIM

for *The Family Board Meeting*

After our first Board Meeting, Jack looked at me and asked, "Dad, when can we do this again?"

DAVID BACH, Nine-Time *New York Times*
Best Selling Author

Spending 1-1 time is such a "simple" concept in theory, but the nuances make the difference.

YANIK SILVER, Author, Evolved Enterprise

F-ing brilliant! Gamechanger.

STEVE SIMS, Owner, BlueFish

There's been a massive increase in trust between me and my son, and we've adopted a number of family-first practices as a result.

GARY PINKERTON, Navy Submarine Commander

I've been doing Board Meetings with my daughters since meeting Jim in 2013. They're so valuable, it's ridiculous.

JAMES ALTUCHER, *New York Times*
Best Selling Author

*For my gorgeous girl and our four spirited children:
Alden, Leland, Magnolia and Sampson—you
are my inspiration.*

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FOREWORD

By Hal Elrod,
author of *The Miracle Morning*

In the fall of 2016, I was diagnosed with a very rare, aggressive, and often fatal form of cancer—acute lymphoblastic leukemia.

The diagnosis, of course, was a shock; the odds, even more so. I was given a 30 percent chance of survival—and that would be after a difficult course of treatment that would leave me weakened and vulnerable.

It's at times like these when priorities have a way of making themselves abundantly clear. While I never once entertained the idea that I would succumb to my diagnosis, a parent with a life-threatening illness can't help but feel overwhelmed, uncertain, and, of course, afraid.

My biggest fear was dying and leaving my children without a father. I also knew that my children would face

many of the same fears and emotional struggles that I would during my treatment and recovery.

Fortunately, we had something to turn to.

The previous year, I had met Jim Sheils at an event where we instantly connected over our shared, deep desire to be the best dads we can be. I had already heard of Family Board Meetings, and at the event, I met about a dozen other dads who had implemented the practice with their families. Each, in their own words, emphatically expressed that the process had improved their relationships with their children more than anything else they had ever done.

I left the event with Jim's book, a slim, engaging read aptly titled *The Family Board Meeting*. I read the book on my return flight home to my family and was even more convinced. Right away, I implemented Family Board Meetings with my daughter, Sophie (8), and my son, Halsten (5). My wife and I could immediately see how much our time together meant to them.

After my diagnosis, our Family Board Meetings took on a whole new level of meaning. While our family was forced to deal with the myriad of emotions that accompanied my illness and treatment, our consistent Family Board Meetings allowed us to stay connected, create new memories, and most importantly, talk openly about how we were feeling.

The meetings are wonderfully unique to each child. Sophie prefers daddy-daughter experiences centered around getting dressed up and going out on nice dates, while Halsten loves to do something fun, like go to the park or play laser tag and arcade. So far, with each Family Board Meeting we have, the experiences, conversations,

and memories we've shared continue to deepen our connections and enhance our communication.

Even at the best of times, these crucial conversations with our children are often lost in the shuffle of busy day-to-day life. At the toughest times, these connections can vanish altogether. Family Board Meetings ensure that the quality time to connect—which we and our children crave—is never missed.

With the cancer fully in remission and life returning to normal, we're still having our Family Board Meetings. When Jim asked me to write the Foreword to the new edition of *The Family Board Meeting*, I jumped at the chance because I practice it and I truly believe it is one of the best practices that a family can adopt.

To me, just being good enough is simply not good enough—especially when it comes to being a parent. I believe we owe it to our children to become the best version of ourselves so that we can be the exceptional parents that they deserve.

I hope you, too, will immediately implement Family Board Meetings in your family's life, because I know you and your kids will be all the better for it. There's no better gift you can give your kids than the gift of yourself and your undivided attention.

With love,
—Hal Elrod

BEFORE WE BEGIN

(A short note about the new edition)

A lot has happened since the first edition of *The Family Board Meeting* came out in 2015.

The book began as a way to help change what I saw as one of the most tragic challenges of modern life: the disconnection of busy entrepreneurs from their families. I was saddened to watch these talented, wonderful people drift away from their children on a tide of distraction, stress, and regret.

It wasn't long, however, before the book's message began to spread. The entrepreneurs that we worked with started to share the philosophy—first with their key employees and team members, then with friends and family members, who passed it on in turn. Slowly, but surely, our little book for helping entrepreneurs built into a growing

wave that rolled out from the business community to the world at large.

Since then we've been overwhelmed—and overjoyed—by the stories of success that have rolled in from around the globe. Side note: if YOU have a story to share with us, please do! Reach out to us at www.familyboardmeetings.com. I am often greeted at events with, “Oh! You're the family guy!” and I couldn't be happier to hear those words used to describe me. To know that one simple idea—an idea born on the waves and then spread through families in a ripple of connection—has had such an impact, is one of the great joys of my life.

I've also been delighted to discover how our simple process for reconnecting parents and their children doesn't just work for busy entrepreneurs but works for *everyone*. From teachers to doctors, carpenters to chefs; we now know that the Family Board Meetings process works for anyone, anywhere in any type of work or family situation.

In hindsight, of course, it makes sense. After all, it isn't just entrepreneurs who want and need to connect with their children. It's *everyone*. In this time of distraction and often overwhelming demands, who *doesn't* want that? Connection, it turns out, is universal.

This edition of *The Family Board Meeting* does two things to help make that goal of connection even simpler to accomplish. First, it expands the language and application of the original book to make it accessible for everyone. No matter what work you do, or how busy you are, the three simple steps in the pages that follow

can, without a doubt, transform your relationship with your children.

Second, we've added an FAQ section to help people deal with the most common pitfalls and uncertainties along the way. If there's a snag in your Family Board Meeting, chances are you can untangle it in the pages that follow.

Although we call these important meetings *Board Meetings*, I have heard others call it Daddy Day or 1:1 or Date Day. No matter what you call your time together, the principles are still the same.

As you begin to read, know this: *it is always possible, and never too late, to connect deeply with your children.* This is true regardless of your age, your work, or your circumstances. I believe that in the pages ahead, you'll discover that *The Family Board Meeting* isn't just a tool for entrepreneurs to reconnect with their kids; it's a rhythm for changing lives.

I hope the rhythm moves you.

—Jim Sheils

Spring, 2018

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