

FAMILY MEETING

BY **EQWITHLOU**
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"STRENGTHENING FAMILIAL BONDS WITH FOCUSED, COLLABORATIVE PROBLEM SOLVING & EMOTIONAL INTELLIGENCE"

SET UP THE MEETING GUIDELINES

- ☐ Designate a specific space & time for the meeting to occur. (No more than 20 mins)
- ☐ Limit chances of distractions and interruptions.
- ☐ Each person should be aware of the meeting schedule, time, and duration.
- ☐ Attendance is voluntary, although recommended.
- ☐ Everyone is encouraged to listen actively, pay attention, & provide respectful feedback.
- ☐ One Person speaks at a time. If anyone yells, they will be dismissed to allow time to calm down while the meeting continues forward.

REMEMBER THE GOALS OF THE MEETING

- ☐ Establish a regularly pre-scheduled time to reach conflict resolution during the meetings. There is liberty in effective communication.
- ☐ The format of the meeting is as follows:
  - Everyone is invited to the meeting.
  - Everyone sits down to attend without the use of electronic devices.
  - Everyone is allowed to feel their feelings but not consume the room with them.
  - The first person starts the meeting with praise for each person. (Praise: is an acknowledgement of a personal positive observation about each person).
  - Then that person identifies a "problematic observation" & provides a potential solution using "I" statements. (I.e. "I feel overlooked when you talk over me. Can we agree to wait or use a talking stick to avoid interruption).
  - That person completes their segment by providing a praise.
- ☐ Be sure to remember the goal of the family meeting: Everyone is a valuable member of the unit. The goal is to empower everyone to speak, collaborate, solve problems, mutual respect, and teach conflict resolution in an emotionally intelligent way.
- ☐ Remember, progress over perfection! We are strengthening personal & familial communication.

POINTS FOR SUCCESSFUL IMPLEMENTATION

- ☐ Cultivating patience as learning how to communicate in a new & effective way can be difficult.
- ☐ Be Prepared. Come to the meeting having already considered your points, praises, & potential solutions.
- ☐ Remember the kind things that others are saying about you.
- ☐ The goal is the same for everyone: To communicate effectively, respectfully, & reach a mutual resolution.
- ☐ Be sure to practice listening to what the other person is saying (not about how you will respond).
- ☐ If the proposed solution doesn't work for you, provide an alternative.
- ☐ Consider common values & beliefs in the family unit.
- ☐ Love includes patience, action, & kindness. Ultimately, someone can be upset with you & still love you.
- ☐ Make sure that everyone's voice is equally heard.
- ☐ You don't have to agree on the said points, but you do have to respect & love one another.
- ☐ Ask yourself if being right is more important than the common good.
- ☐ Consider appointing a mentor if the schoolwork is too difficult for you to manage.