

AUGUST 31, 2022

VOLUME 08

# The Family Corner Newsletter



## AUGUST IS A MONTH FOR EDUCATION AND SELF DEVELOPMENT

Personal development is a lifelong process that helps you assess your life goals and fulfill your potential.

It allows you to be proactive, take charge of your actions and live a more fulfilling life.

It also includes educating yourself so that you can develop a healthy mind, body and lifestyle.

Learning experiences can be opportunities for developing skills to reflect critically on and manage one's own lifestyle, and communicate and collaborate with others.

## Newsletter Highlights

August is a month for education and self development

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Continuous learning is the way to go

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# CONTINUOUS LEARNING IS THE WAY TO GO!

Continuous learning is also known as lifelong learning. We can never outgrow learning. There is new knowledge that presents itself to each one of us daily and as families our educational and self-development goals have to be always alive. Development does not end with us completing general education or tertiary education our development has to run parallel to human development. Each stage of human development requires self-development, each stage of family life cycle requires family development, so self-development and family development never end until we hit the grave hence the term life-long learning.

Lifelong learning is not only good for growth but it is also good for health. It keeps the mind in check enabling a good mental well being. A healthy mind is just as important as a healthy body and learning something new keeps your brain developing, even as you age.

Life is a cycle of discoveries and one of the ways to discover life is through continuous learning. Have you set-up your educational and self-development goals as a family? Year-in and year-out each family member should be engaging in self-development programmes. If you are lost and don't know where to start here are some ideas of how you can engage in lifelong learning as a family:

- \* Keep a list of things that interest you and from there look for development programmes in these areas
- \* Read every day
- \* Listen to podcasts and watch videos on YouTube
- \* Take advantage of free classes of desired programmes
- \* Attend conferences

If you had shelved your development goals as a family, I encourage you to pick them up, dust them and start implementing them. A family that does not engage in continuous learning will not grow or develop into its full potential.



Rose Zunga

# WHY IS PERSONAL DEVELOPMENT IMPORTANT?

Self-Development is a process of consciously improving oneself in various aspects of life. It is the conscious pursuit of personal growth by improving personal skills, competencies, talents, and knowledge. However, the key component to self-development is the growth of one's personal self in order to seek self-fulfillment and proactively reach your fullest potential.

Personal development and personal growth is a lifelong process which enables you to assess your abilities, to set goals, and then take action to help you to achieve those goals and to maximize your potential. The ultimate goal of self-development is to be a self-fulfilled person. That means living consciously at your full potential and reaching true happiness in your life.

We divide self-development into three segments:

1. Skill Enhancement 2. Mental Conditioning 3. Habit Creation

**Skill enhancement** is the development of personal skills, abilities, and competencies. It encompasses both interpersonal and personal effectiveness skills. Interpersonal skills focus on relationships and interactions with others while personal effectiveness centers on skills such as goal setting, problem solving, time management, and stress management.

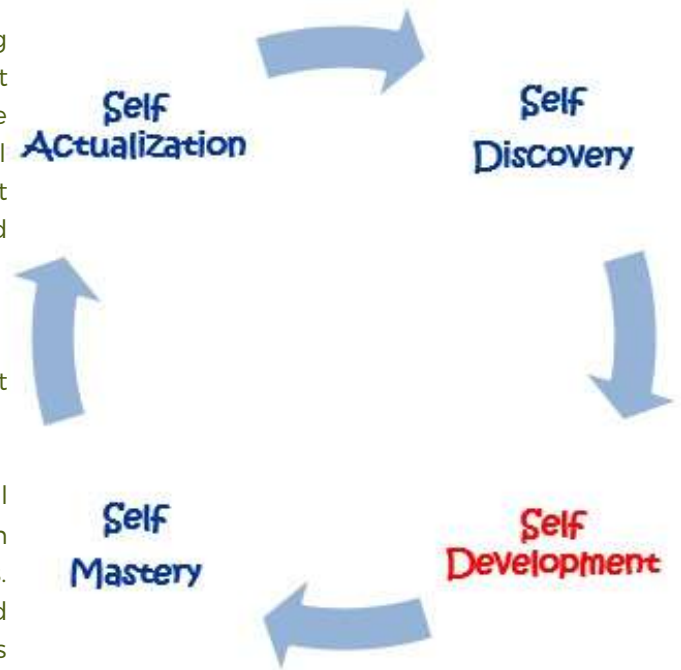
**Mental conditioning** is the process of building and strengthening our minds. It allows us to maintain a positive focus on our goals and objectives through imagery, visualization, and other techniques. It also allows us to build positive images and feelings about ourselves to increase our self-image, self-esteem and self-confidence.

**Habit creation** is the conscious establishment of behaviors or thoughts in an attempt to improve ourselves. Habits are those behaviors or tendencies that you do automatically without thinking or consciously intending. Our habits usually direct our actions, our reactions, our decisions, and even our thoughts. The creation of positive habits can help you develop a more productive and enriched life.

The process of self-development begins with **self-awareness and self-discovery**. Self-discovery gives you insightful understanding of your personality, values, tendencies, and beliefs. It also gives you insight into what you want to do or the person you want to become. After you discover who you are and where you are headed, you begin the actual steps in the improvement process by assessing your current skills, talents, and competencies.

**Self-assessment** is the process of gathering information about one's own aptitude, skills, competencies, and talents and critically reviewing the quality of your performance and abilities. Self-assessment gives you the information needed to create an effective development plan. A development plan involves the making of goals or benchmarks that help define the path that you intend to follow.

By knowing what specific skills you need to develop or work on, you are able to focus your attention on those skills and making yourself more proficient at them. You force yourself to focus on the acquisition of knowledge and to organize your resources, thus allowing you to become more organized and effective. As you become more effective, you can improve both your abilities and ultimately your performance.



A person is shown from the chest down, wearing a grey hoodie and a red and black plaid shirt. They are holding a light blue mug with their right hand and reading an open book with their left hand. The background is blurred.

# **SELF DEVELOPMENT BOOKS TO READ**

- The 7 Habits of Highly Effective People by Stephen. R. Covey<sup>1</sup>**
- Think and Grow Rich by Napoleon Hill**
- How to Win Friends & Influence People by Dale Carnegie**
- Failing Forward by John C. Maxwell**
- The Power of Now by Eckhart Tolle**
- The Last Lecture by Randy Pausch**
- Daring Greatly by Brené Brown**
- Love Yourself Like Your Life Depends On It by Kamal Ravikant**
- Self Love Ebook by Dr. Rose Zunga**
- Family Development Book by Dr. Rose Zunga**

# SELF DEVELOPMENT IN CHILDREN



Failing to address a child's emotional needs regularly might lead to a hindrance in their path of self development. It can lead to the child developing a lack of self-awareness and not understanding who they are as an adult. Adults who don't like themselves for who they are are more likely to develop sadness, anxiety, insomnia, and other problems. So, how do you instill self-love in your children? What communication approach can you use to help your child in their self development process to build self-awareness and a positive self-image?

Paying attention and listening to your child is the first step. If you realise your child is distressed, don't try to shift the subject or distract them with something to make their discomfort and unease go away. If this is done frequently enough, children will grow up ignoring their emotions. They will see them as a nuisance and block them out to get on with their lives.

It's critical to instill in your children the belief that they may appreciate themselves as they are while simultaneously seeking to improve. You don't want children to believe they can't be satisfied with themselves unless they lose 10 pounds or make the all-star squad. It's important not to expect your children to be anything but themselves at every stage of their self development path, allowing them the freedom to explore and experiment.

Inquire about their favourite aspects of themselves. Make sure they recognise aspects that indicate their personality rather than just their appearance. While it's healthy for a child to think they're attractive, children's self-perceptions should go beyond their appearance in the process of self development over the years.

Self development does not have to revolve around being the smartest, most attractive, or most athletic person for vanity. Your youngsters can instead learn to develop themselves so that they can make a difference in the world. Children must understand that their ambitions are limitless. It provides people with a feeling of meaning and purpose to know that their skills, abilities, and hard work can be put to good use.

# REINVENTING YOURSELF AFTER RETIREMENT



When you decide to retire, you make that decision for yourself. This next chapter opens up doors to so many new possibilities. More time for yourself means more time to pick up new hobbies, a new part-time volunteering job, and overall reinventing yourself.

Here are some self development tips for reinventing your life after retirement.

## **1. Let it go**

It's OK to accept that you're leaving the working world in order to embrace your new identity. Let your old life go and become who you are now. Focus on your present and future

## **2. Relax & recharge**

You've earned it. Spend time with your grandchildren. Take a trip. Spend time out on the boat. Your time is yours – go do what you want!

## **3. Get moving**

At this stage of life, embracing a healthier lifestyle is not only good for your body, but your mind, too. Go for walks, try yoga, lift weights. Every little bit helps.

## **4. Go back to school**

Update your skills or study something completely new. You're never too old to enjoy learning something new!

## **5. Take up a new hobby**

Take up a new hobby and make new friends or re-establish ties with old ones. Working and raising a family can be hard on old friendships. Now you have time to reconnect.

**6. Write things down.** Start journaling or blogging. Whether it's for therapeutic or historical purposes, writing will change your life. And some day, your family will have an irreplaceable piece of you.

# EDUCATION AND SELF DEVELOPMENT GOALS AS A FAMILY

Goal setting is an important exercise for achieving success. The process of goal setting addresses questions like:

- What do I want out of life?
- What do I want for my family?
- What do I want my business to achieve?

Granted, these are big questions and difficult to answer. However, spending time thinking about goals provides direction to your life. Once you have established goals, they will give direction to your life and that of your family. Every member of your family should identify their individual goals. These personal goals may focus on accomplishments that provide happiness and fulfillment for you and your loved ones.

Family goals on the other hand focus on achieving accomplishments agreed upon by the family. The family individuals work as a team to collectively identify and establish goals for the family unit. Below are typical family goals:

- To provide financial resources to achieve each member's personal goals.
- To maintain good health for all family members.
- To maintain a home of which you are all proud.
- To have a son or daughter join the family business.
- To enjoy leisure time as a family.
- To encourage the highest level of education desirable for each family member.
- To generate adequate finances to support and educate your family.
- To rear responsible, productive, and happy children.
- To be involved and active in a religious life.
- To maintain open and productive family communications.

The demands and pressures of work and the desire to be successful in life may overshadow the need to take care of the home. If this happens, it can take its toll on your family if you do not set family goals to address this need. You can claim to be working hard for your family, but your family might be suffering because of your work and other commitments. The failure to plan family life as we plan for our work, career, and social activities can be a reason why families fall apart.

Specific family goals can help avoid this.

Whatever comes out of your family is the product of your decisions and that of your spouse or partner. While you can experience some level of success as an individual, your success becomes more meaningful when your family is able to feel your impact. As a spouse or parent, you have to take responsibility to ensure that your family is headed in the right direction, which is why it is important to set family goals.

A happy family doesn't just happen by luck or chance; it is a product of both good intentions and sometimes hard decisions to make your family successful.

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