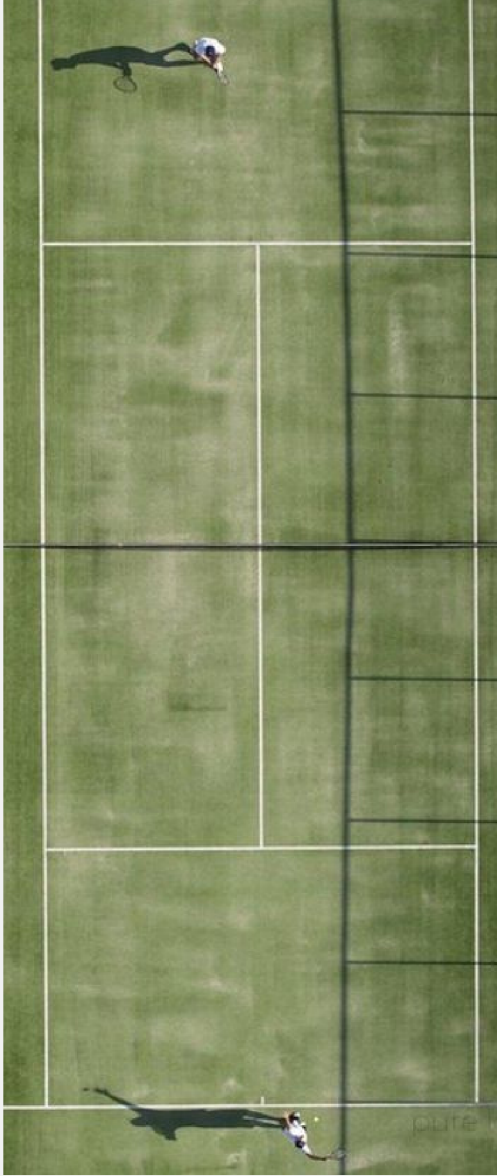


the power of



social
fitness

social fitness



Good relationships are significant enough that if we had to take all 84 years of the Harvard Study of Adult Development and boil it down to a single principle for living, it would be this: Good relationships keep us healthier and happier. Period." In today's fast-paced world, modern life has made it increasingly difficult for people of all ages to find and maintain these vital connections. That's where the concept of Social Fitness comes into play.

Social Fitness is all about strengthening your most important relationships, much like how you'd exercise to keep your muscles robust. Healthy social fitness means taking time to reflect on our most important relationships and proactively working to improve connections with the people who matter most to us.

**RELATIONSHIPS, LIKE MUSCLES,
GET STRONGER WITH EXERCISE.**

epidemic of loneliness & isolation



50% OF ADULT AMERICANS REPORTED EXPERIENCING LONELINESS

Loneliness is not just a fleeting emotion; it's a chronic condition that can have severe repercussions on our well-being. It's the sense of being disconnected, of lacking meaningful or intimate connections with others. This issue has become so prevalent that even the U.S. Surgeon General published an Advisory on the Healing Effects of Social Connection and Community, specifically addressing loneliness and isolation. This underscores the gravity of the issue and its far-reaching impact on public health. **Lacking social connection can increase the risk for premature death as much as smoking up to 15 cigarettes a day.**



family coaching

ENHANCING YOUR LIFE

Family Coaching at Total Family Management (TFM) is a series of private, virtual, 90-minute sessions led by our experienced coaches. These sessions are designed for the head(s) of the household and serve as a dedicated space to discuss your family's needs, goals, and the crucial conversations that often get overlooked in the hustle and bustle of daily life. The benefits? Working with TFM equips your family with a shared language, elevates communication skills, and infuses your household with a newfound sense of direction and purpose.

90-minute private virtual coaching sessions



WHAT IS THE ACTUAL EXPERIENCE OF PRIVATE VIRTUAL COACHING?

"Private" means it's just you, or you and your partner, alone with your family coach, ensuring undivided attention tailored to your family's unique needs. "Virtual" signifies that these sessions are conducted online, much like a Zoom call or Google Meet, with a real human family coach on the other side of the screen. The term "coaching" means we focus on looking forward, not backward, with an agenda driven by what's important to you and tailored to your family's specific dynamics.

WHO ATTENDS?

TFM's standard workshops are specifically designed for the head(s) of the household to attend. This usually means single adults or couples—whether they're partners, spouses, or significant others—lead the way. Each workshop is facilitated by an experienced TFM family coach to ensure you get the most out of the session. There are times when other family members may be invited to join, depending on the specific topic being covered in the workshop.



TFM essentials

90-MINUTE PRIVATE,
VIRTUAL WORKSHOPS
LED BY A TFM COACH
SCHEDULED AT YOUR
CONVENIENCE

DEDICATED
FAMILY
COACHING

1 | WELCOME

2 | ROLES

3 | VALUES

4 | PURPOSE

5 | DYNAMIC

6 | DYNAMIC

7 | DYNAMIC

8 | DYNAMIC

COMMON
LANGUAGE:

FAMILY
VISION

about

Total Family Management



Total Family Management (TFM) was born out of a straightforward but impactful conviction: ***"If family holds the utmost importance to us all, it's time our actions reflect that."*** As an entirely remote and employee-owned organization, TFM's dedication to families is deeply ingrained. Our influence extends over a majority of

U.S. states, serving a growing client base. Confidentiality remains a cornerstone at TFM; both our client and partner rosters are held in strict confidence. Our services are tailored to meet the needs of a diverse clientele, whether funded by a firm or directly by the family. This includes retirees with adult children, busy households with young kids, and even those at the beginning of their family journey, such as newlyweds or singles. Families of all configurations can benefit from our coaching services. After all, today is the youngest you'll ever be.

VALUES: AUTHENTICITY SUPPORT HOPE HUMOR

OUR PURPOSE IS TO SHOW UP AND HELP FAMILIES.

