

Many families look forward to their summer holidays - the sense of freedom and the chance to spend time together. Visiting new places provides the opportunity to discover 'the unknown', revisiting familiar places where you have a good connection brings a sense of enjoyment.

But when families get together to just 'hang out' petty arguments often escalate into frustration and resentment. These feelings lead to a suboptimal family atmosphere, sometimes these relational episodes can be very detrimental to a family. None of the participants want the negative outcomes, normally they lead to a sense of embarrassment or regret for everyone involved.

Without awareness we use these disagreements to confirm beliefs about ourselves and our lives, they maintain largely unconscious family and individual paradigms. These family paradigms are then passed on with negative consequences for future generations.

What many people don't know is that as well as enjoying the activities and downtime, you could simultaneously develop more sustainable family harmony. At the end of a holiday you could experience the satisfaction of knowing that you had contributed to a closer family unit.

At The Human Beings Club (HBC) we combine activities which improve your self-esteem, self-confidence and personal capability with the development of healthy and productive paradigms for life. As well as empowering children and young people to improve their own mental strength we show parents how to develop stronger parent / offspring relationships. Developing these deeper connections improves the experience of the whole family.

HBC activities are open to all age groups, typically when those in the 20 to 30-year-old age group join they report that they did not experience the same warm and uplifting family culture during their own childhood. Somehow, we all overlook the fact that the paradigm and skill-set required to develop healthy levels of family harmony isn't instinctive. Unless you grew up in an especially harmonious family yourself, you will not have been equipped with the know-how to create the family harmony to which most people aspire.

Developing new paradigms is much easier than most people imagine, once you understand how different communication styles impact on family dynamics you are empowered to develop a new status quo. When both parents and children experience the benefit of greater connection, the family culture is set on the

trajectory of 'how can we do better together?'

We have just completed an introduction to sea kayak expeditions held in partnership with Nils Meuller of Paddle Devon. At the end of a long drive home one of the messages in the expedition group chat read "Thank you Nils and Ashley for a wonderful time. Olivia and I have thoroughly enjoyed every bit. We have been chatting about it all the way home, Olivia has said it's the best thing she has done!"

If:

1. your or your offspring would benefit from greater mental strength
2. you would prefer to live in a family environment which is even more uplifting for everyone

You can discover more about what to be gained from The Human Beings Club by visiting the website [here](#).