

MEDIA RELEASE

3rd September 2011

Did You Find Yourself at Work again this Father's Day?

If you are one of those workaholic businessmen who always seems to be working when the rest of the family are celebrating a public holiday or family occasion, then you might want to consider the potential toll on your loved ones.

The hectic nature of our business world today is driving many business owners and executives in search of promotion, to spend extra hours on duty and neglecting the key relationships in their lives.

Perth business and life coach, Tony Inman said that he had experienced first hand the damaging effects of focussing excessively on the needs of both a job and a business.

“I made the same mistake in two marriages, despite having the best of intentions,” said Mr Inman.

“Sometimes in life, we repeat destructive patterns without really noticing, until it's too late.”

“The first time around, I was in a demanding job, trying really hard to climb up the promotion ladder, to the point where my children were asleep when I left for work in the morning, and sometimes asleep again when I got home. I hated it but I thought our family needed more money.”

Mr Inman explained that he had inadvertently repeated the mistake with his second wife, when they started in business for themselves, because of the need to drive through the establishment and survival period.

“We now coach business owners and executives to create balance between their work life and their home life, so that they can enjoy the benefits of **smarter**, rather than **harder** work practices.”

If you really did **have to work** this Father's Day, then you might consider the following suggestions:

- Next time, does your business really need to open **all day** or could you reduce the opening hours?
- Are there staff members who might be willing to work a half shift each?
- Perhaps you need to review your staff training needs, so they can manage without you
- Improve your forward planning so that you don't miss the next family occasion

We have been hearing these statements from respected self-help authors and TV chat show hosts like Oprah and Dr Phil McGraw for years, yet not everyone acts on the advice.

Mr Inman was happy to say that he had managed to build great relationships with his children and gets on well with both his ex-wives, though he hopes that others can learn from his experiences.

“Fortunately, many large companies have also woken up to the need to look after their staff and allow more flexibility with expectations around working hours, technology allowing workers to work from home and the importance of regular breaks to keep staff refreshed.”

Mr Inman concluded, “Whether you’re a father or a son, remember your family on this day, along with all of those key occasions in life. You’ll be glad you did.”

Club Red coaches business owners to be more effective, so that they can lead more fulfilling, less stressed and ultimately happier lives. Information is available from www.clubred.com.au or by calling 9328 2203.

Tony Inman has 32 years of management experience, mostly in retail, tourism and coaching, of which over 15 have been spent running his own businesses here in Perth.

Ends

High resolution images and interviews are available on request.

Media Contact: Tony Inman

Mob. 0419 860 382

www.clubred.com.au

info@clubred.com.au