

# FAMILY AND LIFE MANAGEMENT



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but of inevitable problems that call for  
strength, determination and hard work.**

## FAMILY AND LIFE MANAGEMENT

**T**his “Driver’s License for Family and Life Management” is primarily targeted toward young families. Families foster the virtues that make a free society strong. We rely on the home and its supportive institutions to instill honesty, self-discipline, mutual respect and other virtues that sustain democracy.



We believe that strong families begin at home - and that those strong families help us to create thriving communities. It is critical that all family members participate in the growth and health of the family.

*“The alternative to cold bureaucracy is not indifference. It is the warmth of families and neighborhoods, charities, churches, synagogues and communities. These value-shaping institutions have the tools to reclaim lives—individual responsibility, tough love, and spiritual renewal. They do more than care for the body; they restore the spirit.”*

*—Bob Dole*

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**“What’s done to children, they will do to society.”**

—Karl Menninger



Wolf Blitzer, CNN, interviews Dr. Kellner about the Family and Life Management program

The redefinition of family and the social acceptance of alternative lifestyles has created many problems. The MercyForce Family and Life Management program provides the tools to deal with these problems. It concentrates on mentoring and coaching a family to greater success and independence.

The unique multi-media approach of the program (TV, DVD, online courses, live training and action guides) appeals to a large audience. The program will be widely distributed to schools, universities, churches, community groups, government agencies, TV stations and networks.



Dr. Kellner discusses the program with NY Governor George E. Pataki



## Problems

The redefinition of family and the social acceptance of alternative lifestyles has created many problems. For example:

- Decline in parental authority
- Increase in abortions
- Less religious influence
- High divorce rate
- High teenage pregnancy rate
- Delayed marriages
- Record number of single parents
- Delayed childbirth
- Rise in sexually transmitted diseases
- The generation gap is widening
- Violence is out of control

The Family and Life Management program will focus on these issues directly and offer real-life solutions.



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**“Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world.”**

—Joel A. Baker

## Rationale

Individuals and families are expected to solve problems promptly and wisely in all areas of their life. Unfortunately, most of us have never been taught the skills associated with problem-solving:

- How to identify problems,
- How to collect and evaluate information,
- How to separate fact from opinion,
- How to develop action plans and
- How to consider alternative measures to solve the problem.



All these skills are necessary in achieving the goal of a healthy, dynamic and successful life.

Successful problem-solving is also essential in keeping relationships healthy. By adapting the techniques shown in the Family and Life Management program, viewers can develop the skills necessary for revitalizing and reorganizing their lives.

# FAMILY AND LIFE MANAGEMENT



## Life Skills Program

### Tools for Personal Life Effectiveness

#### Life Planning

- Your purpose in life
- Your vision and mission statement
- Dealing with roles and obligations
- Your life growth plan
- Dreams, intentions, and goals
- Balancing daily priorities

#### Life-Styling

- The importance of positioning
- Personal value system
- Life-styling strategies
- Establishing lasting relationships
- Vacation, quality time, and hobbies
- The ultimate challenge: self-realization

#### Conflict Management

- How conflicts develop
- Conflict analysis
- How to resolve conflicts
- Dealing with stress
- Aggression-free communication
- The communication quotient system



## Health & Fitness Program

### Taking Charge of Your Physical Vitality

#### Health Monitor

- Preventive medical program
- Personal fitness and vitality program
- Wellness vs. fitness
- How to treat doctors and HMOs
- Mental health program
- Slowing down the aging process

#### Nutrition Mission

- Nature's nonprescription drugs
- Healthy and good-tasting food
- Food evaluation and selection
- Natural food for life
- Successful weight management
- The value of a nutrition plan

#### Energy Balance

- Life energy and its value
- Distribution of life energy
- The right energy dosage
- Life energy conservation
- How to increase life energy
- Balanced life energy



## Learn & Earn Program

### Personal Education and Training Road Map

- Lifelong Learning**
- Discover your individual learning style
  - Cutting-edge learning methods
  - The online learning revolution
  - Get high on education, not on drugs
  - Boost your intelligence with brain jogging
  - Put procrastination to work for you

- Education Revolution**
- Learning in cyberspace
  - How to select a college or university
  - Financial aid: Finding money
  - Which program is best for you?
  - Preparing for real-life situations
  - Utilizing the best resources

- Career Planning**
- Growth and self-management
  - Recognizing your talents
  - How do you define success?
  - Success and inner harmony
  - The balancing act: Career and family life
  - How to find job openings



## Environment Protection Program

### Your Personal Action Plan

- Sustainability**
- Clean and renewable energy
  - Sustainable agriculture
  - Fuel cell cars are coming
  - Environmentally sound technology
  - Utilizing sun and wind energy
  - Promoting environmental well-being

- Economics**
- Reducing wasteful packaging
  - Fostering local self-reliance
  - Organic farming
  - Reducing excessive consumption
  - Ecological accounting systems
  - Effects of the lifestyle factor

- Pollution**
- Environmental restoration
  - Freshwater for a sustainable future
  - Reducing hazardous substances
  - State of the environment
  - Take action for the environment
  - Recycle all that you can

# FAMILY AND LIFE MANAGEMENT



## Money & Security Program

### Controlling Your Financial Future

#### Money Management

- Control credit cards before they control you
- Learn how to spend
- The power of systematic savings
- Misconceptions about financial planning
- How to secure a debt-free life
- Success factors for investment programs

#### Family Security

- Protecting yourself and your family
- Can you afford not to have it?
- Buying the right life insurance
- The best security concepts
- How tight is your security net?
- The benefits of living trusts

#### Smart Shopping

- Establishing a family budget
- The importance of a shopping list
- Shopping and lifestyle
- The ultimate shopping program
- The hidden persuaders
- How to become a successful shopper



## Teen Empowerment Program

### Foundation for Productive Living

#### Substance Abuse

- The effects of drugs and alcohol
- How to refuse explicit drug offers
- The influence of media on drug use
- The steps into drug use and abuse
- How to create a drug-free environment
- Strategies for developing drug resistance

#### Pear Pressure

- Improve your speech
- Become a leader and not a follower
- Develop into a role model
- Can you trust your feelings?
- It pays to be picky
- How to develop willpower

#### Self-Management

- Being aware of your emotions
- Coping with uncertainty and change
- Utilizing the power of thoughts
- How to develop true happiness
- Dealing with anger and negative emotions
- Transitioning from dependance to self-reliance

## PROGRAM FORMAT



- Each 30 minute program begins with a brief vignette featuring an average American family facing an every day problem. The family consists of a husband and wife with their son and daughter. The problems faced in the vignettes will be the type that the majority of people will sooner or later be confronted with.



- Action will be stopped in the middle of the conflict. At this time, the viewer is asked: "How would you solve the problem?" Man-on-the-street interviews are conducted dealing with this specific issue and question. All types of answers will be shown; pseudo solutions, "wrong" answers and misconceptions.



- Selected experts are interviewed to separate the facts from the misconceptions, distinguishing the problem from the symptoms. The experts will offer proven advice and solutions. By providing various options, the expert advice can be best suited to individual needs.



- In the final segment, the show host in conjunction with the family members will develop an action plan. The action plan will consist of what to do and, more importantly, how to do it. Viewers will be able to set up their own plan of action and apply the problem-solving process to areas in their own lives, at work and at home.