

Adviser

FATHER KNOWS BEST

ROSS BRUNDRETT HELPS YOU SOLVE SOME IMAGINED, YET TRICKY, FAMILY PROBLEMS

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Q My problem is that even though I have a very responsible job and I am well regarded by my colleagues, I feel that some people don't take me seriously. I think there are two reasons for that; one is my diminutive size and the other is that I attracted some unwanted publicity a while back when I went on a bit of a hike and got a little bit disoriented and well ... it could have happened to anyone. I'm just writing because I am desperate for some tips on how to get some gravitas before I make a grab for the top job.

Tim, Spring St

A Well Tim. Hey, can I call you Tiny Tim? I guess not. But that's part of the problem really. You can either make sport of your lack of centimetres or you can go around in elevator shoes like Tiny Tom (Cruise) and just make a bigger thing out of it. Same with that deal when you got lost. A good idea would be to admit you got lost, but I guess you've already been told that by your minders. If not, sack 'em and get some new ones. And make sure they are smaller than you. That's another joke by the way. No, if you look at the really successful little men in history, like Napoleon and Tony Liberatore, they all had their own idiosyncracies. Bonoparte liked sticking his hand inside his vest and Libba loved a really vigorous tackle. So get quirky — start wearing a pork pie hat perhaps? — then maybe people won't see you as a small fella with a chip on his shoulder who could lose his way in a shopping centre.

Q I'm fabulously well-off but still yearn for my time in the spotlight. I've appeared on

television in the US dancing, even though I have a prosthetic leg. And though people appreciated the grit and tenacity — not to mention talent — that I showed, I still fear they haven't truly warmed to me. That's why I'm now going on *Dancing on Ice* on British TV. Surely that will do the trick, don't you think?

Heather, of London

A Not sure, really, whether performing on ice will warm you to anyone. People appreciate people of wealth mainly when it's their talent that has brought them success, not so much when they marry someone famous and then divorce them for a truckload of the folding stuff, like you did. Oh, of course, and then act a little crazy. Granted, the whole missing leg thing is sure to get some people barracking for you. Just don't lose it too often in the early rounds of the competition. Some judges can mark you harshly for that.



PILLOW TALK

LYNDA CARLYLE ANSWERS YOUR SEX, LOVE AND RELATIONSHIPS QUESTIONS

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Q Whenever my partner suggests sex, I cringe, even though I quite enjoy it when we do it. How can I change this?

A When you get into the habit of thinking negatively about sex, you often forget about the pleasurable aspects of being intimate. Sex should be about pleasuring, not just another chore on the list. Make it so.

What's the first thought that pops into your head at the suggestion of an amorous liaison? Can't be bothered? Too tired? Rack off, you've been an a--hole today? Obviously thinking this way is hardly going to ignite the flames of passion.

Try not to leave sex for leftovers — leftover time and energy. Plan time to relax beforehand and practise creating a positive anticipation around intimacy. Read some erotica; watch that hot love scene from your favourite movie; pamper yourself. Wear sexy undies that day, just for you.

Try and get into a positive frame

of mind and tap into your sensuous side, perhaps by treating yourself to a luxurious bath, complete with candles, glass of wine and lashings of body lotion. While you soak, come up with some pleasant thoughts about sex.

Perhaps you like the warm feeling you get when you're snuggling together afterwards. Maybe you enjoy pashing like a teenager every now and then — many couples forget the bliss of a soft and playful kiss. Or does it feel nice when your lover lightly strokes your back?

Use this thought the moment a negative idea automatically jumps into your head, at the hint of sex. Substitute one thought, that's it. Just one thought at the crucial moment. So when you think, "no, I really can't be bothered", change it to "hmm, I do love the cuddles afterwards".

If you have a belief that things won't change, guess what? They won't. But just as you can talk yourself out of enjoying sex, you can also think yourself into it. Sound too easy? You'll be surprised.

RELATIONSHIPS

FAMILY time is tops

Teamwork is an asset not only on the football field, it's the glue that's made the Roos family so successful at life

“WE TOOK ON THE COACHING ROLE AS A FAMILY AND I THINK THAT INTRIGUES PEOPLE AS WELL

IT'S hard to feel zen when your star forward has just decked an opponent. Again. But Sydney Swans coach Paul Roos has never let a Big Bad Barry Hall-sized intrusion ruin his day.

His is the SNAG approach to leadership — no half-time Gordon Ramsay-style sprays, no cracking it in the coach's box, no dragging a player off the field if he makes a mistake. It's meditation sessions, giving players a big say in how the club is run and motivation through positivity.

And at home, he doesn't let Aussie rules rule the roost and impinge on family time.

The strategy's been working. Since Roos took over coaching duties in 2002, he's steered the Bloods to a record number of finals and in 2005 delivered the club its first premiership in 72 years.

And there's not even a grey hair to be seen on the head of the man dubbed Mr Unflappable.

The Roos MO underpins a new book by the 46-year-old and his Californian-born wife of 17 years, Tami.

Sport is Life, Life is Sport is a book of two halves — a self-help guide of sorts with strategies to help achieve balance, set goals and embrace opportunities, as well as a thorough insight into Roos' coaching methods and how they can be applied to work and family life.

It also includes the former skipper's previously unpublished list of what makes a good footy team, which he wrote at the end of his 356-game playing career with Fitzroy and Sydney in 1998, and still consults today.

“With this book we're more or less answering all the questions I've been asked over the years in terms of family, leadership, Tami's meditation. We were approached to do it,” Roos says.

“I think people were always surprised by how well we've done with the Swans. People always say we seem to have a good balance and that I've done things differently.”

Roos' family-man ways extend beyond the home, and his and Tami's sons Dylan, 15, and Tyler, 13, are very much involved in the club. The boys are fixtures around the SCG, attend press conferences and are always part of the family's decision-making, including Roos' handing of the coaching reins to his assistant John Longmire, at the end of the next season to focus more on home life.

Tami, 43, also teaches several Swans the art of meditation.

“We took on the (coaching) role as

a family and I think that intrigues people as well,” Roos says.

“People say, ‘Gee, you seem to have a good balance, your hair hasn't gone grey, you don't yell at the players too much, you meditate, you're always on holidays, you seem happy’.

“People are intrigued in today's busy, busy world.”

The couple believe holidays are vital for families to reconnect.

Though it's Africa and Aspen for the Roos family these days, Paul — who was raised in Donvale in Melbourne's east — says he hasn't always needed a passport to experience the benefits of a getaway.

“For us now it's international travel, but when I was a kid growing up it was Wilsons Prom,” he says.

“Holidays are really important in my view if you're talking about family time and balance. I don't understand these people who say ‘I've got 12 weeks accrued leave and can't take any time off’. No one's that important, to be perfectly frank. The PM of Australia even takes the odd holiday. Obama will probably take a few.”

TAMI and Paul met in 1988 at a bar in San Diego when Paul was on an off-season trip. They exchanged numbers and Tami looked him up the next year during a trip to Australia, a graduation gift from her parents. They wed in 1992.

Despite being a sports fanatic, Tami had not heard of Aussie rules football.

Six weeks after meeting Paul, she quizzed a group of Australian backpackers while waitressing at a restaurant popular with tourists, who confirmed that the game in fact existed and that Paul was a bit of a big deal back home.

In the book, Tami says she feels she met her husband in a past life given how comfortable they were with each other straight away.

“We have spiritual beliefs,” she says. “I believe everything happens for a reason.”

Paul admits he'll get a bit of ribbing from that.

“It's interesting, I read that (Geelong defender) Max Rooke went to a psychic during the year and was told Geelong was going to win the premiership,” Paul says.

“She also said some other things no one else could have known about, so I think the whole world is starting to open up to those sorts of things.”

“Certainly when I started playing no one would have talked about meditation or past lives or spirit guides.”

These days yoga and meditation are gaining respect as genuine tools to