

Family Conversations Kit

Fostering shared awareness and understanding

Conversations among family members can support deeper understanding and better family relationships. But meaningful conversations don't just happen.

How to get important conversations going? That's where the Family Conversations Kit comes in. The conversation cards in this interactive Kit can expand awareness and understanding about individuals, couples and families, including personal strengths and talents, meaningful experiences, important influences and more.

They provide an opportunity to get to know one another better, share fond memories and reflect on what matters to each family member.



What is the Family Conversations Kit?

The Kit consists of four sets of interactive cards with questions. Each set has a particular focus:

- **Family**—Exchange family strengths, memories and ideals
- **Individual**—Share who you are, your talents, meaningful experiences and important influences
- **Parents**—Reflect on each child's gifts and milestones, your own parenting journey and more
- **Children**—Share experiences growing up within the family and reflect on your parents and siblings

The questions will invite conversation and reflection, touching on memories, beliefs and experiences that hold a great deal of meaning—and that you may not have shared before.

How to use it?

Because there are four sets or modules, the Kit offers you flexibility in how you use the cards. Conversations can be tailored and sequenced over time, depending on everyone's experience and comfort in having these kinds of conversations.



To learn more

Please reach out to your UBS Financial Advisor about the Family Conversations Kit and how it can support more meaningful conversations for you and your family.

