



Relationship counsellor Joanne Wilson (centre) with Jo Desmond and John Smeaton.  
PHOTO: JOHN MCCUTCHEON



John Aiken with Married at First Sight co-hosts.  
PHOTO: CHANNEL NINE

**Complement each other's strengths and weaknesses** was a beautiful message from my final over-achieving "influencers", Doctor Sophie Poulter, specialist in endocrinology and obstetric medicine with husband, Doctor Rohan Poulter, clinical director of cardiology at the Sunshine Coast University Hospital.

Their incredibly demanding and competing work schedules could easily over-ride their relationship and family time with three young boys.

Despite this, they hold hands in public, ensure regular date nights and even steal a few moments to have lunch together as well. Again, those little moments can mean a

lot.

I asked every interviewee about technology trends.

While they have their advantages, it was affirmed that screens can kill relationships.

Finally, if you haven't had great mentors when you were raised, find some now, read about them and learn to be one!

It is never too late to begin.

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