

BB Recorded 02 22 23 - Mexico Retreat (1)

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You're listening to business that Asri, the audio advice column for your online business. I'm Kirsty Denton.

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And I'm Amy Posner. We're talking bite sized episodes that solve real world problems with a no holds barred. tell it like it is kind of approach.

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Hello, it's been a while. As you may have noticed, if you're one of our or wonderful regular or semi regular listeners, we took about two months off between this episode and our last one. We didn't let you know that was happening. We are really sorry about that. But we're back now. And we have our sights set of things a bit more strategically. But the reason that we did take that time off was because Amy and I hosted a business retreat in Mexico. About a month ago now, which is crazy. Hey, Amy, that time has gone so quickly since we got back.

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I know it's crazy. I was thinking the exact same thing. It's like, a month. It's like, yeah, it feels like it was yesterday. And it feels like it was last year time is just very time is very odd lately, lately, like in the last two, three years? You know?

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Definitely. I feel you're one that Yes. lately been like, yeah, all these decades so far.

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Exactly. I mean, what should we say about the retreat in Mexico? I mean, I think interestingly, I think

preface it by saying this was an idea that came to us last summer, I think what would be would have been my summer, your winter, where we were talking about the idea of us getting together? And then that I think it wouldn't jumped from there to, you know, working together in person involving other people. And is that? Is that what you remember to?

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Yeah, 100%. And I think I've got a Mexico folder under my business badassery folder in my email. So I'm just looking to see if I can find the date that we decided, yeah, so it was in the second half of August. Last year. Yeah, we had decided that it could be pretty awesome. Not only as a way to get together, but also to work with other people who we already know and love in a really cool place in the world. And could this actually be a thing? So really, it was an idea that I think went from idea to actual offer, like pretty quickly. I think from memory, the biggest time investment was finding a venue does that sound right?

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Yeah, I mean, planning the program once we did it, but yeah, I would say that was that was the time investment. And it was funny, because we didn't find anything for a long time. Then we found like a couple of things that worked. And then that sort of sort of took on its own life from there, because I didn't you wake up to me saying, we're doing the retreat, because I just put \$7,000 down on a deposit or something like that. Yeah, seriously,

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I like it. We've been talking about it. And like they like yeah, it could be really cool. Like, let's think about this. And then one morning, I woke up to WhatsApp from you that was like, so I booked the place. I was like a cool, guess we better fill it. Otherwise, it's gonna be just a very awkward holiday for the two of us in this 15 bedroom villa off the coast of Mexico. So I love that about you, because I feel like I think we're moving there. Anyway, we're moving towards doing it. But I love that you pulled the trigger, because then I think the conversation shifted from being about should we too. Okay, how do we, and I think that's always the best space to be in when you're trying to launch something or, or, you know, get something off the ground?

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Yeah, I do too. And in all fairness, I mean, we I think we each asked a couple of people, like if we did this, would you come? And they said yes. And we're like, Okay, we're gonna trust that you really mean it and be flexible. So we weren't, like, completely, completely unknown, but it was pretty unknown. And I don't I've never done hosted something like this before. I don't think you'll have either have you? I mean, I have I have done it with somebody else, sort of as part of their event. I've never done my own event like this. So that was that was a new thing.

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Yes, I think the closest thing I've done back when I was lecturing, I took a couple of subjects sorry, as in taught a couple of subjects that were delivered online with either a three or five day in person intensive. So I mean, very different, obviously, because you're not in charge of like, you know, accommodation and meals and like, you know, also, I guess it's much more about, you know, teaching a curriculum, then this was more about sort of helping people individually and helping them to come together as a group. But yeah, so I had sort of some experience in that, but never in running a retreat. So yeah, it was exciting. And I think probably also safe to say like, I think there was some nerves in there too. Or maybe I'm just speaking for myself. I don't know what what were your feelings about it? Pedagog as we were, as we were going into it?

04:45

Oh, absolutely. I mean, absolutely had nerves and very excited about it and excited about what we'd put together and who was coming. But I mean, well, I mean, there were two things going on for me one was I was going through a lot personally and it was like kind of like ah, this is not like that. His timing, which has kind of been the story of the last six months for me, so it's like, okay, let's just buckle up. It's never good timing anymore. And we'll go. But yeah, I mean, you and I hadn't worked together in person before, even though we've done things together, which is so funny. I realized I won't name names. But I reached out to someone from the retreat today, who I saw on zoom this week for the first time. And I said, this is so weird to meet some see someone on Zoom, who I've met in person, I don't think that's ever happened before. Yes, I

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try. Usually it's the other way around.

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Yeah, so that was that was just kind of kind of odd. But I mean, we had kind of, in some ways, ask people to take a leap of faith and come be there, because we had given them some sense of what we, you know, what we were hoping for, for an outcome. But we didn't give too much of a sense, or anything of any sense, I think, before people made a decision of exactly what would happen there. We did send pictures of the villa. And I think that was that was pretty compelling. It's worth saying, I think this is interesting. And it's something I realized, after the fact, how fantastic it was to be in that kind of environment to do the kind of retreat that we did my, my thinking had been more around the service that that could be provided that, you know, could be a thing where we could go and everything would be taken care of right? You'd have a really, you know, you'd have a beautiful room to retreat to be in a beautiful place. The meals were taken care of. The drinks were I mean, everything, everything was handled. So you, you didn't have to do anything. But and of course, I mean, I wanted somewhere beautiful, but it didn't it just the impact of being somewhere. So I don't know, what's I can't even think of the word. But I think you know, what I'm getting at, it really helps you to think

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yes, because I think what that allowed, I don't know if this is the word that you are trying to get to. But mv when you were speaking I was like. yes. it was like it really invited or provide it. I guess an

expansiveness, like you could sit there on your bedrooms, like private balcony and look out over the Pacific Ocean, and just like, think really big thoughts that I think perhaps, would come to you far less easily in the confines of your own office.

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But I hadn't anticipated how much that would just sort of, and I don't know why I didn't because I've traveled and that's, you know, that's actually my experience, the moment I get on the plane, you know, and we didn't lift off. And it's like, oh, suddenly, I'm thinking differently. But, but just to be in that that kind of environment where you're thinking about, you know, what do I really want? And what do I want my life to look like? When you're thinking, well, this is just pretty damn nice. And so, you know, and I think that was actually one of the reactions that we heard quite a lot. It's like, Well, what did I do to be here? Like, okay, this is like, wow, I work the business. And I got to, like, do this. I think you said, I don't know why we're sort of, I don't feel like we're going in any particular direction. Yeah, but I think you said other people echoed this as well, that it was the best, your best week of work ever.

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I know. I'm that's like, across both careers, too. I just like, you know, and I've like, and also to give that context, I've had some really amazing week. So, you know, I think it was such a big thing for me to have that realization. But, like, once we were there, like the group of people were just so phenomenal. You know, the villa was amazing working with you in person, Amy was just like, such a joy. And I think also the work we were doing with everyone else who was there was so meaningful. So yeah, it just was like, just this magic magic experience for me that I wish I could sort of bottle up. And like, you know, have a little look at like here in my office put on a shelf somewhere and just remind myself that that happened, and that it's something that we can do again, I guess, because for me that feeling has just been so invigorating, in my own work and my own business as well.

08:41

Yeah, for me, too. And, you know, the interesting thing is we went in, you know, we didn't promise an outcome, but we went in for, you know, with with the hoped outcome and lots of plans. But, you know, not having done it before, we didn't know, you know, would it work? Would we enjoy it when other people get the benefit that we hoped they would get, which is you know, wasn't enough time was the thing, or the things that we planned in the time the right things. And interestingly, and I think it's probably worth saying here, one of the things that we did was we made a lot of different plans, we sort of we knew what we where we wanted to go and we knew some of the things that we absolutely wanted to do. But we also wanted to be able to respond, ideally in real time, to what to what was needed. And you know, what sort of kit, you know, bubbled up while we were there, because people told us, but you know, a couple few months in advance and things change. And so we were very curious, like, you know, how could we, how could we do that? And could we do that? And it turned out that that was one of the real pleasures for both of us in the work was that we were able to work inside the plan we had built but also be spontaneous, you know, and take our breakfast, you know, up to a beautiful balcony and decide like, you know, are we doing Plan A are we doing Plan B are we, you know, is Plan C to you know, sort of go rogue and do something different altogether? And it turns out that that works really well for both of us. And it works really well. I think it's safe to say for the group.

And it was just it was delightful for us because we got to experience. You know, I guess in real time, we've had experience of how we work together, but not not in real time like that. I mean, except in snippets, you know, like this working like this, which is, which is very different. So it was kind of like, pinch me this is real.

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Yes, I think to the fact that we were able to plan and shape the retreat, as we went, also aligns very nicely with how we both individually work in our own businesses, you know, with responsiveness, I think has been a really core piece of all of our offers for for the people that we serve sort of over the internet, right? I think you and I are both huge advocates of context, being king and being able to meet someone where they're at, and help them think through things strategically based on who they are, what they enjoy, you know, what challenges they're up against, and what's already working well, as opposed to, I think other events where, if the program is predetermined, and preset, you're almost trying to fit everyone into the same box, regardless of what they bring to the space. So I don't know, I felt like on reflection, for me, that was one thing that I think just felt so in alignment with how we both like to work. And I also suspect that's part of what made working together feel so wonderful. And also, I think, what made the retreat so valuable to for the, for the people who were there?

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Yeah, I think so too. And it's making me remember that we were talking about that beforehand, and wondering, you know, because you put you put together like these seemingly disparate pieces, and you know, like, will it like Will the thread weave through till it was sort of bring you, you know, bring you to this conclusion that you want, or this result that you want, it was very satisfying to actually work through that and make it happen, and then get feedback from people that it was particularly that, that you know, the outcome, because, I mean, to be clear, that I mean, this was not what were we a dozen people and plus you and me, and and making a so we were 15 people all together, it was very small. But that was one of our questions. In the beginning. It's like, well, everyone has, I mean, people have similar needs or interests and things that overlap. But every everyone's business is so unique, like, how do we, how do we give everyone? How do we give everyone enough attention so that everyone gets an outcome? I think that was the puzzle that we were trying to solve. And that was what we created a lot of pieces for, if you will. But in the end, we that we were able to deliver that in the time. So I feel I feel very pleased with that. And very proud of that.

12:40

Me too. Yeah, I feel so proud of the work we did there. And, and also, like, I feel like it would be so remiss of me not to say that the group itself played such a big role in that, you know, I think the group shapes shapes the experience, and we just had such a good group of people. So yeah, I just wanted to say that too, because I don't want it to feel like we're taking all the credit for this thing. I mean, yes, we created the space for that group to bond and to flourish and to do its thing, but also, you know, had different people attended, that would have inevitably changed the vibe, you know, it wouldn't have necessarily been worse, but it would have been different. So I think, you know, just to put that out there as well.

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Yeah, no, that's, it's 100% True. And people were just so generous with their time and their knowledge and their care and their concern. And I mean, there's plenty of time for people to you know, sort of work by themselves work in small groups and get to really help each other and kind of, you know, use the brains that were in the room, but people were so open. I mean, just from the, from the very beginning. And yeah, we facilitated that. And that's what we hoped for. But as you say, it was the particular mix of people and the willingness and I can't help but thinking to that we're all so much hungrier for in person than we've ever been. I mean, it was like, I felt like I was, you know, didn't have thirsty I was till I was like drinking and so much companionship, you know, so I think there I think there was some of that so many margaritas than those very eager bartenders.

14:14

Oh my god, that was so good. And there was one of them who made a very delicious mug, but Sorry, I interrupted a very sorry, beautiful point you were making? Yes, definitely. I feel like since the COVID has sort of unfolded and you know, the opportunities we all have to meet up in person and to travel across the world I think are more limited. And I guess I also slightly more risky and possibly even worth saying that the half of us you know, on the way home came down with COVID from the retreat. So, you know, I think it was a risk we all knew we were taking and you know ended up being okay, but I think yeah, there's there's such a richness about those in person. Catch ups now and also I think there's something in there too, about being able to, like, attend an event that is for your business, so is there for work and within that event, have allocated space for rest and socializing and, you know, regeneration and all those sorts of things because I feel like that removes any of the guilt

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from it. Yeah, and massage don't forget massage and good food.

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Yes. The massage? Yes, yes, yes. Yeah,

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no, I think overall, I think it was just, I mean, it's such a it's such a great experience. And that's kind of brings us back to you know, it being in this just magical lovely place, which is just so I don't know, I for me, I anytime I can be outdoors, I'm happy. And it was like, we have the great mix of like outdoors indoors there, which I just love, which maybe I don't know you're more used to. I'm less used to. But I could get very used to. Yeah. Yeah, I

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feel like it was funny because I was in January, which for me in Australia, here is summer. And I live like literally just down the road from the beach here. So I was so used to that environment, not the amazing 15 bedroom villa. I definitely live in one of those. But yeah, interesting to remember, as

people were sort of arriving or when they were going home. You know, back in the northern hemisphere. They were like, I'm going back into the middle of winter. And I was like, oh, yeah, it would be so extra wonderful to come to a different season and have that opportunity to be outside and be in the sunshine and you know, just mix things up a little bit, I guess in that way as well. All right, well on that note, if you've enjoyed this episode, feel free to leave us a review. We would love that. And if you want to have every week's episode just downloaded and ready for you. In your Spotify, your iTunes, subscribe to the podcast so you don't have to go searching for us every week. If you do have a question which you would like us to dive into it, head on over to businessbadass.co/podcasts where you will find the questions submission form ready and waiting for you.

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Thanks for listening bye for now.