

BB Feeling Pulled Between My Kids and My Business

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You're listening to Business Badassery, the audio advice column for your online business. I'm Kirsty Fanton.

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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. We have an interesting question here. It's kind of a little bit of a gut wrenching one, actually. But it is this. I was asked to speak at a big in person conference. And I wanted to say yes, so much. But it requires international travel. And I just can't manage that at the moment with the kids and family commitments, it'll be fine. But right now, I'm feeling a little deflated. Any advice on how to navigate this feeling of feeling pulled between what's best for my kids and me as a mother, versus what's best for my business? Oh,

00:56

I feel for this person so much. If anyone doesn't know, I've got, uh, how old is he now like, two, two and a few months old. And I'm also about to have my second Bob. And I just yeah, it's something I have been sitting with to there's such a push pull between, I guess, the demands of motherhood and the demands of a business. But also, and I think this is more what this person is speaking about the desires for both like the desire to be really present with the kids and to spend time with them and enjoy them and play with them and love them. And then also the desire to really continue to grow and fuel and fund your business. So I just want to start by saying that I totally understand the feeling. And I'm sorry, that you had to turn down the invitation to that big conference, even though it sounds like it was the right thing for you to do right now. It definitely also sounds like it sucks, to have to say no, so I'm sorry for that, ah, in terms of any advice on how to navigate that feeling of beam pull between what's best for your kids, and you as a mother versus what's best for your business. The other things I'll share to start with will be first of all, give yourself permission to feel that disappointment. I think it's easy in some circles, and in some ways to sort of squash that down. And you know, it's possibly more socially acceptable to put more of your time and energy into being a good mother, which is something that really sucks as a societal expectation, I think. So, you know, I love that this person has voiced his disappointment, and has, you know, let themselves sort of feel

that and think into that a little bit. I would also say alongside of that, just holding the knowledge that this is a phase of your life. And the demands that come with having young children won't always be as intense or as high touch. And there will be times in the future where you get that invitation again, or you get an invitation to something else amazing for your business. And you can absolutely and easily say yes. So I think it's easy. Sometimes when you're in whatever cycle of your life and your business to feel like a decision you made has impacts forever. You know, it's not the case, I think having a good business is about having a business that supports you and the phase of life that you're in. And of course, that will look different, right? Over the years and as things in your life change and shift. So I'd say I'd start off by saying just hold space for those two lines of thought. Is there anything you want to broaden me about them? Or anything you want to add so far? Yeah, there

03:29

is. So I'm thinking. And, you know, you tell me if this is realistic, because you you have a partner who's got a pretty busy career and travels a lot. Is it realistic? Because we're talking here, particularly about moms? Is it realistic to plan because like, something like speaking at a big in person conference, and that's huge. That's a big opportunity that we're talking about. I mean, it can be a career changing opportunity. And yeah, there'll be in person conferences next year, and then 10 years from that. Well, we hope I know, who knows. But no, seriously, I mean, these opportunities will be there later. And you know, your children won't be you know, little kids later. I mean, there's all these things to balance out. But I wonder like, is it possible when you live with somebody, you know, when the other parent has a demanding career? Can you say something like, once a year, I get to do this? Or is it not possible because they can flex around what you need to do? Or is that not the issue? I guess what I'm asking, is there a way to carve time out rather than than the answer being like, they won't always be little, and you know, you'll be able to do this someday?

04:28

Yeah, I think that absolutely is, you know, ways to negotiate that with your partner and certainly something I have done with Colin, my husband, but I guess I didn't go there because I wasn't sure whether it like it doesn't sound like that was really an option, just from the wording here. I just can't manage with the kids and family commitments. So I'm not sure what is going on for this person. But absolutely, I think it's a good point. Are you just assuming that you can't go because most of the time you are the primary carer. If that's an assumption that you're making, then it probably is worth having a conversation with your PA Aetna, or your family or whoever else, you know, is a caregiver in your family situation around, hey, I've got this really amazing opportunity in front of me. Is there any way we could make this work? If so, what would that look like? Because you're right, like, I think the assumption that you can't leave your kids when they're little, just because you're the mother is a faulty assumption. But you know, I'm not saying that that's for this person, that might actually be the truth, just given whatever circumstances are happening in their life. So I'm glad you brought that up. But I don't know it's hard without more context to provide compensation for this person. I don't know how can you talk about how that works in my relationship? If that's relevant, but I'm not sure if it is.

05:42

Yeah, I mean, I'm not sure either I but I think I'm just looking at this, like, I just can't manage that at the moment. And I think most families, whether you have kids or not, can't manage anything like that, at the moment, I do not mean, like international travel is a big deal. I mean, it means there's a

lot involved. And so what I was saying is, it could be more like this is a big dream of mine is to be at an in person conference, I think the the challenge is you're not always invited way in advance, so that, you know, another caretaker could plan or that. And that's what I was asking you, like, you know, if you've got a spouse with a busy career, like is, I guess it's person by person, but like, you know, could it be realistic to negotiate like, Hey, this is something I really want to do next year? Like, is there a way we can do that? Like, how, how much flexibility do they have? How willing are they? How much can you make that part of your family goal? I don't know if that I'd advocate so hard if it wasn't something so big. I'm being asked to speak at a big in person conference. I mean, there's not that many big in person conferences and zoos, and there aren't that many speakers. I mean, it's, you know what I'd say?

06:42

It's a big Yeah, yeah. Well, I think to the question for me is like, how meaningful is it like, because you could have an opportunity to speak at an you know, a small in person group event that might also just be so meaningful for you and your business and your career and how you feel about your knowledge and skills. So I feel like, you know, in that case, it would probably also be worth exploring avenues to make that possible. I guess what I will say, um, I don't know, you know, how old this person is, kids are, etc. But, like, if you're breastfeeding, for example, like, that is a genuinely challenging thing to try and fit in with, it's a national travel. So I like that. I'm just I'm just trying to say that there are some situations where I do think it is genuinely not possible. But also, yes, I love your point that of course, it can be a conversation. And it can be something you negotiate in your relationship. And with a partner who is willing and able to support you and your career, then there can definitely be compromises made to accommodate the travel and the opportunities for both of you, individually, even while there are young kids in the picture.

07:47

I suspect, you know, when you look back in 20 years on, you know, what happened in the year that you didn't make that conference will be way less remembered than, like some really cute, adorable milestone for your child. So I think I think it feels really hard because you're sacrificing and you're giving something up. And I don't know how that helps. Except I think that that idea of, of consoling yourself with like, this is a choice you made. And it's a really, really good one. And it's a really important one, and you're doing really important work. And so I don't know, I guess that's just my sympathy, kind of with being in that position of not knowing not, yeah, not knowing what to do.

08:21

Yes, I think that when you're someone who has your own business, there is an added layer of complexity there in negotiating opportunities like this. And I don't know why it is. But I suspect this built in, like expectation or understanding that if you work for someone else in their nine to five type job, and part of that job means that you have to travel, you know, to meet with the team over in Asia or whatever that is, or you know, that it's not a choice, it's a mandatory part of your role. Whereas I think, conversely, when it's your own business, even though there's absolutely an argument and a case that this is a mandatory part of your work, because it's how you grow your audience. It's how

you book more projects, it's how you sell more of your courses, or your products or your offers. There's some element in there that feels like a choice, because it's not written into your contract of work. Does that make sense?

09:16

No, it makes so much sense. It's a really good point to bring up. You know, it's part of the agony, right, it's like that thing about, you know, the great thing about being in business is it's all up to you and the really bad. It's all up to you.

09:28

Yes, so true. Yes. Because you feel the responsibility and the weight of that choice. Whereas if someone just told you like, oh, no, let's you know, it's expected that you're going to go to this because your other team members are going to that it would be like, Okay, well then I just, I guess have to make it happen. Like, I have no choice in the matter. So yes, that's such I love that phrase that you just used.

09:48

Yeah, and really, the question here is, you know, any advice on how to navigate this feeling of feeling pulled? They just feel I feel for you? This is really tricky, tricky terrain. It is really tough.

10:00

Okay, yeah, and I feel for you too. And I don't know if this is helpful too. But I also feel like, I mean, I'm someone who's always identified as a feminist, but my feminist thoughts and feelings about the world have accelerated about a hundredfold since becoming a mother, just because there are so many inequities, I think, in the way that Western society still works. And I know for me, one of those things, which is related to this is, you know, in the time that I have been off on maternity leave, and come back to work, and now I'm about to go off on maternity leave again, you know, my husband's been promoted twice at his job and not that, you know, I have my own business site, promotion isn't really a thing. But it's also like that feeling of other people getting opportunities to progress, their skills, their money, making capacity, etc, etc, why you feel like, you don't have those same opportunities. And that really sucks. And I just wanted to share that, because I wonder if this scenario fits into that sort of category as well. And I think the feeling that comes with that, it's often one off resentment, and that's a really shitty feeling to sit with. Yeah.

11:07

And almost How can you not feel that way? And and not that it's anyone's fault, right? No one's to blame for that. It's but yet there you are. Yes. Before we wrap up, I'm Brian. I just said no one's to blame for that. It's like, Well, but wait, we could go on, like all historical political class. But that's not what this is about. So I just, I just want to return statement, because I'm not sure that it's really accurate. I'm sure that it's not really accurate. So there.

11:31

I was like the patriarchy is to blame. Which is true. But yes, you're right. This is not this is not the podcast for that. This is the podcast for questions about your business, whatever they might be. And I think today's question is such a good example of the fact that not everything we talk about on this podcast is pure business strategy. It's also about the human side of business and about the feelings and emotions and the meaning making, that I think we all experience in some way, shape or form, as we do go about building these things that we ideally, love and that you know, support us as we move about our lives. So hopefully you've got something out of today's episode was a bit of a different one for us today a bit of a different vibe to it. But if it's raising any questions for you, we would love to answer them in future. So head on over to businessbadass.co/podcast And you can submit your questions there.

12:21

Thanks for listening. Catch you next time.

12:23

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