

Retreat Planning, Art Ventures & Identity Growth

Quick recap

The group discussed Inga's plans to host art therapy retreats at a coastal property and her efforts to sell artwork on merchandise through a Shopify store. Amber shared her experiences with coaching and personal growth, including her approach to managing distractions and living more mindfully. The conversation concluded with Eric discussing his career transition plans and future vision, while Dana explored her family dynamics and challenges in asserting her identity.

Summary

Thanksgiving Retreat Property Discussion

Inga shared her Thanksgiving experience, including a visit to a coastal property that could accommodate up to 20 people and has potential for future retreats. She discussed the property's history and features, including its large kitchen, multiple bedrooms, and original clawfoot tub. Inga expressed interest in organizing art therapy retreats at the location, which she believes could be an affordable option for hosting group events.

Planning Retreats and Teaching Classes

Inga discussed plans to host retreats and teach classes, with Annie suggesting a three-part Zoom series to build interest and generate demand. They agreed that Inga should start with small, free classes to test the concept and refine her curriculum, with the possibility of hosting retreats in coastal Oregon in February or March. Inga also mentioned working on t-shirt designs and creating a Shopify store to sell them, though she noted challenges with finding the right purple color through Printful.

Art Sales and Coaching Updates

Inga discussed her plans to sell her artwork on t-shirts and mugs through her Shopify store, including a hop illustration and a Taurus design with a heart. Annie encouraged Inga to start teaching art classes, suggesting she begin with a single class without any sales pressure. Amber provided an update on her coaching activities, sharing her experience of helping friends with anxiety issues and observing that structured coaching sessions were perceived as more valuable than casual conversations.

Amber's Professional Development Insights

Amber discussed her experiences helping friends develop professional skills using Virtual Coach and shared her plans to create structured courses based on her interactions. She mentioned a conversation with Eric about teaching Chinese through animated shows and considered charging for her future courses. Amber also reflected on her personal growth and the challenges her female friends face in finding stable relationships, expressing a desire to wait for the right opportunities to develop deeper connections.

Mindful Living and Tech Detox

Amber shared her experience of being more present and mindful, particularly during a recent rock climbing trip where she disconnected from distractions like phones and TV. She discussed how this experience inspired her to live more simply and "primal," focusing on basic needs and activities without unnecessary distractions. The group discussed practical tips for reducing phone usage, including turning off data and deleting distracting apps, with Amber suggesting holding phones with data off as a way to make them less accessible.

Managing Digital Distractions and Stress

Amber shared her approach to managing distractions by deleting shopping apps after use and logging out of social media to avoid addiction. Eric suggested muting colors in display settings to reduce visual stimulation and avoid

doomscrolling. The conversation shifted to Eric's work-related stress and financial concerns, with Annie offering support while Eric expressed a mix of intellectual understanding and emotional uncertainty about his savings.

Vision for Engaged and Fulfilling Life

Eric discussed his vision for the future, emphasizing a more engaged and fulfilling life filled with collaboration, teaching, and innovation. He expressed a passion for holistic health and nutrition, advocating for a return to natural eating habits to reconnect with one's body's natural signals. Eric identified his favorite problem to solve as integrating isolated components back into a system, which he believes can be applied across various domains, including human relationships and ecological systems. He also acknowledged the challenges of solving problems within a bureaucratic environment that limits his ability to implement solutions.

Career Transition and Family Updates

Annie and Eric discussed Eric's career transition timeline, with Eric expressing a preference for 18-24 months of runway before leaving his current job, though he acknowledged the cognitive benefits of having more time. They explored the possibility of balancing current employment with side hustles to build opportunities. Dana shared updates about hosting family gatherings and a challenging incident involving her sister's extreme reaction to a dog bite incident at a restaurant, which led to a new understanding between Dana and her brother-in-law about their sister's behavioral patterns.

Seeking Recognition in Family Dynamics

Dana discussed her challenging family dynamics, particularly her sister's jealousy and the family's lack of appreciation for her creative talents and unconventional lifestyle. She expressed a desire for apologies and recognition from her family members, especially her sister, for past mistreatment. Dana also shared her struggle to assert her identity as the main character in her life, rather than remaining a supporting role, and her hope for acknowledgment on a larger scale.

Building Identity Through Self-Appreciation

Annie guided Dana to notice and appreciate moments when she expresses her true self and the positive impact it has on the world, helping Dana build a new identity by collecting "pearls" of these experiences. Dana shared her recent positive feedback from her father and others, which Annie helped her reframe as evidence of her success and worth. Annie also advised Dana to practice savoring her inner "princess" or higher self without clinging or anxiety, encouraging Dana to welcome these glimpses as natural and ongoing rather than rare occurrences.