

Tristan 00:11

Welcome. This is ALL THE F*CK IN, a podcast from two entrepreneurs about showing up for social justice in your work. This isn't your typical, capitalist-focused, entrepreneurial business podcast. There are already plenty of those. We're here because we've been craving voices rooted in activism, justice and integrity with those values.

Lauren 0:31

These are conversations about all things business and entrepreneurship, but from a radical perspective that says we don't have to choose between social justice values and being successful in our work. This won't be a place where we claim to have all the answers. Our intention is to offer guidance and support while also encouraging our listeners to discover and live into more questions. We believe these conversations require ongoing practice and a consistent dedication to unlearning.

Tristan 0:57

If you're ready to go all the fuck in on what matters most while creating an abundant life, you're in the right place.

Lauren 1:05

A quick note on our content: we believe self-care is radical and non-negotiable in the work of both justice and entrepreneurship. Some of these conversations include mention of trauma, both from a systemic and often racialized perspective, and in relationship to experiences like sexual violence. We hope you do what you need to take care of yourself while listening, even if that means pausing and returning to an episode at another time or skipping it altogether.

Tristan 01:37

Welcome back, this is Tristan speaking my pronouns are they them.

Lauren 01:43

And this is Lauren. I use she and her.

Tristan 01:46

And we're glad to be back with you all. We're doing a episode just the two of us today. And we'll kind of just see where the conversation goes. I want to start by so in the last time Lauren and I recorded together. Lauren shared with us all that she got engaged and this time. Lauren, do you want to share the news?

Lauren 02:08

Yeah, on Friday, Kyle, and I, I guess technically eloped, although we didn't travel anywhere. for it. We had a little wedding ceremony in our apartment with our dog and cat and attendance. In Colorado, you can sell solemn knives. So there was no one else. And it was I hate using the word perfect, but this is the time I can actually use the word perfect. I'm married.

Tristan 02:30

Congratulations. I was so excited.

Lauren 02:35

It's very um, I think we planned it in six days. That was intense. I've already told people if I didn't text you back, that was why. And yeah, we before we recorded it. I'm like, nothing has changed. But also it's different. I don't know how to explain that. It's just one of those big, like life transition things. And it is. Yeah, lots happening. I guess I was thinking back. I think the last time we recorded would have been August then. Wow. Which feels like two seconds ago. But also so much has happened. Yeah. Yeah. In every way.

Tristan 03:14

Yeah. I feel like a different person every few months lately. So

Lauren 03:19

yeah, well and you're coming off of if you're up for sharing a little bit like a pretty intense weekend.

Tristan 03:25

Yeah, um, so I'm Today's my first day back from traveling to Southern California to have a memorial for my friend Aviva who passed in July who I talked about last time we recorded and that was really intense. We went to the camp that we met at where we grew up together and planted an all of tree in her name. Oh, yeah, it was really special. Yeah, it was really really special. The the gentleman who was the camp director, while we were kids came and brought his guitar and played a song and like, I hadn't seen him in decades, um, like the woman who ran the art room and who have even I worked with in the art room and grew up like playing in the art room with like, she came and it was really, really incredible. Lots of different people from different parts of Aviva his life, not just camp, which was also cool. And several people spoke and it was really, really intense. And, and then a group of us went back to her family's house, which is the house she grew up in, where I spent like, so much time so that was really wild. Like I never thought I'd be in that house again. And yet ever since she died. I've like wanted to be in that house. And so I I had the opportunity to and it was intense. She's just like she was everywhere and nowhere, you know? Um, yeah. Um, it's really, really intense. And yeah. So I'm just getting settled after that. And like trying, I was telling him before we started recording, trying not to go into like full speed ahead work mode, because that's not what my nervous system or my grief needs. But it feels so good to like, like, I know how to do this, like, I know how to be in emails and how to get my work done. But I don't know how to be with my grief, or slow down, you know, and so that pull is really real, like, I feel better when I'm in the thing that I know how to do. But that doesn't mean I shouldn't do the thing I'm not familiar with, because clearly, I need to keep doing that to the grieving thing. And the slowing down thing. So yeah, it's a process. It's weird.

Lauren 05:54

And also, didn't you facilitate two days in a row right before he left?

Tristan 05:58

Yes. Which I've like, honestly, that feels like a lifetime ago. Yeah. Michelle, Stephanie Ghoston Paul and I were doing the art of skillful facilitation, which we now do twice a year, and I realized I couldn't go to the memorial and CO facilitate that training. And so I made the difficult decision to only be there for the first two days of a five day five day program, and invited May—Maygen Nicholson, to, to join us as a fourth co facilitator, and so they, we tag team several, like components of the training and then I just hand it off, like, okay, may now you hold like the role of the white trans, non binary queer person in the space on my behalf, basically, um, and so yeah, that training was happening while I was gone, and I was in it for two days, and then like, immediately went into packing mode and then immediately went into like, flying down to Southern California. And by the way, like, traveling and COVID is just exponentially more stressful, like the energy of it all. And I can't stop getting angry at people when they don't have their masks over their faces completely. And like, hopefully, I get used to this at some point, because it's clearly not

Lauren 07:15
changing.

Tristan 07:15
I know. So it was just it was a lot it was a lot like between the training and then the trip and yeah, I'm exhausted Yeah.

Lauren 07:39
A lot of intense feelings all at one time. And yeah, like I said to you before we started recording, I have a feeling you're going to sleep a lot maybe God is willing. Yeah. Or just, you know, eat stuff that feels good. And like baby yourself, basically. Yeah. I had a client describe self care as babying themselves babying? That's smart. Yeah, yeah. What would I do for a little toddler right now?

Tristan 08:07
Yeah, that's a really good question. Yeah. I want to want to bring that in for sure. Yeah.

Lauren 08:12
Snack in an app. Yeah. You some time outside. And it's,

Tristan 08:16
it's like pouring rain here in Portland.

Lauren 08:19
Right now. Honestly, yeah. That might be like the best excuse that because I don't know about you. But living in Colorado, where it's sunny. Almost all the time, I still have that Midwest mindset of like, if it's a nice day, I have to go take advantage and you know, enjoy it. But when it's shitty outside, which is pretty rare here. I'm like, Ooh, I'm that part of me that feels bad. If I stay in all day doesn't feel as bad.

Tristan 08:45
It might be a good thing. You're right. Yeah, Lauren,

Lauren 08:48

I wanna hear,

Tristan 08:49

I want to hear about Take Up Space. Because I kind of want to like, I want to hear about how you created the program. I'm like, Can I interview you for a minute, please? So tell me how you landed on creating this program? And how because I know I mean, for those of you who are new to this offering that Lauren launched recently, you, you ran like a little pilot program. And now it's becoming a cornerstone of what you do and what you offer. I want to hear how it, how it started and how it's done.

Lauren 09:24

Yet, first of all, Pilot Program is a way better way of saying it than what I've been saying which is like beta round test round, which most people don't know what that means. So yeah, I might take

Tristan 09:34

that if that's how you can take it please.

Lauren 09:38

Because the next round, I think is still going to be in that test mode. But yeah, so Take Up Space came about. I'll start with like the structure of it, which is a it was a six week now. It's an eight week mentorship program where it's weekly calls on different topics. And then you know, and each of those has an element of some sort of grounding and spiritual practice, conversation, reflection and even like tangible exercises. The structure of it came about from talking with Brooke Monaghan, who, I guess in real lifetime right now that's coming out with an episode tomorrow, right? Where I interviewed her, but I know trust in sports the book before, but I was at a place in my business of like, I know what I want to talk about, and what I'm the most passionate about. And I, at the time back in the spring did not have the physical, emotional mental capacity to keep launching, like building and launching and building and launching over and over. And because first of all, it wasn't financially sustainable. It wasn't sustainable for my time. So, and working with Brooke, I got just very clear on what I'm here to teach. And for me, I mean, I guess there's the old saying, you teach what you had to learn where are learning, and it's about how to let my own needs take up space, let my feelings take up space. Let my ideas and voice take up space like these are things that unless you have been socialized as a sis white dude, with economic privilege, and all those checkboxes of you know, getting ahead, you're not really taught how to do that. We're actually taught to shrink ourselves down and to make our needs mean less than somebody else's, we learn how not to have very good boundaries. And so Take Up Space takes folks from week one, we start just with basic, like radical self care, like what are we able to do for ourselves? Obviously, that's not the whole picture. But that's like one thing in our control, we move into talking about how do we honor our feelings, and getting a relationship with the different parts of ourselves that sometimes can feel in conflict, we get into boundaries and reclaiming the space for ourselves, and then all the way up to like, what's our role in social change making? How do I want to use my voice right now, maybe I've been doing frontline activism for six years. And now I need some space to rest. And I feel like I'm more of a caregiver or a teacher, like we're not, you know, linear, static creatures. So that's kind of the

process we go through. And what I love too, about doing it as a group, and this was another inspiration from Brooke is like you learned so much from the other participants. First of all, I learned a lot, which is awesome. But they like the connections that grow with each other. It's a way of like practicing giving and receiving care in a group setting in a way that maybe we're still figuring out how to apply out in our lives and in the world. And running it as a test round that first time and probably the second time do. It just first of all took the pressure off of needing to sell it, I was going to be happy with two people because two people still a group. I ended up having six and they were some of the most incredible humans. Many of them I knew already one is a friend of a friend. And you know, we're still in relationship. They're just fucking cool people. And, you know, Brooke's whole philosophy, I guess is what's the sustainable aligned business model for you. And for me, it's doing things bit by bit and these baby steps. So that's kind of what's going on with it. I'm moving into this next round now. That'll start, I guess, November 16, I think. Yeah. And it's still like, I'm calling it beta pricing. So it's a little bit more affordable. Because I'm still asking folks throughout the program for feedback, because that helps me hone it. Yeah. And that was how I part of why it made sense to price it so low the first time too, because it's like, I'm also going to be asking you,

Tristan 13:44

for me picking your brain. Yeah, yeah. Yeah. And,

Lauren 13:47

and truly the feedback from this first group, part of why I love them so much is they were so honest, and so generous with their feedback that it helped me make some decisions about, you know, I stretched it out for two more weeks. There are certain topics that I'm like, okay, for most people, they actually totally get this but for this topic, they want two weeks on it, you know, that kind of nuance. So, it's been pretty exciting. It's amazing.

Tristan 14:15

It's amazing. I love hearing you say like, I would have been happy with two people and I got six like that is worth celebrating hard.

Lauren 14:24

Oh 100% Yeah, I had a I have a friend Emily - shout-out Emily Pantel, who is a coach and her business is newer, although I think she's been a coach at heart for many, many years. And we were talking about what group programs can look like. And I heard myself saying to her, well, two people's a group, and I'm like, I need to remember that too. For myself. Like Yep, not every group program sold out doesn't need to mean 30 people or whatever. And, you know, another thing I did was I took a part time retail gig that I have now quit because my body can't do that anymore. 33. But that took some of the financial pressure off of that program meeting to rake in a certain amount of money. And now I have another gig lined up that's kind of doing the same thing going forward doing some social media stuff. So it's like, what's the sustainable way of building something that you know you want to do? But you don't want all that pressure on it to perform a certain way? Yeah, I want to let it be what it wants to be.

Tristan 15:24

Yeah, yeah. Yeah, that's awesome. I really think that there's something happens when we want when we attach to what we think it should be that we it's like, we get something happens that isn't connected, right? And, and like offense, like I think about this, too, when I sometimes I'll like, create this carousel slide post, and I'm like, this post is it, you know, this thing is gonna go viral. And then the minute I posted it, quote, flops, whatever that means. And I'm like, like, I need to let go of expectations, right? Because when I let go of the expectation, and I just allow that thing to happen, the way it's gonna happen, that's when something becomes alive and vibrant and magical and breathes right? Yeah.

Lauren 16:08

Yep. And that's something Brooke talks a lot about, and I'm excited for that episode to come out. Because that's something we dig into together. And, you know, because burning myself out in order to make something work means that once it starts working, I'm probably gonna have to keep burning myself out to keep it at that level. So like, but what's the sustainable step by step I can take to make something grow and happen the way that that feels good. Also, I'm not really set up to handle like, 50 clients right now. That is not what the program is for. Maybe one day there will be a different structure. But yeah, like, like, what, what do I need to set up in the present so that things can go in the direction again, they kind of want to go so it's coming through me and it's not my own crap. Trying to make something happen.

Tristan 16:55

Yeah. Amazing. That's awesome. And I'm really excited. I know. We'll drop this episode after your conversation with Brooke comes out. But I'm really excited to hear you and Brooke talk on the podcast again. So yeah,

Lauren 17:07

Brooks lovely. We love Brooke. Well, and speaking of groups, so you've, your mentorship has started.

Tristan 17:14

Yeah. Um, so I launched a mentorship program. I don't know when a few weeks ago, tember ish? Yeah, like, I think I announced it in late August, early September, I had had it designed months prior, but then I just kind of sat on it and then met with Brooke, sometime after Aviva died. And I was like, I'm not super in my work. I'm not super like feeling like myself. And I was like, and I still want to launch this. And she was like, what if you launch it? And it's not, you know, quote, perfect, right? And, and what if I launch it, and I don't like go all in on marketing. And when I was teaching the, the Conscious Marketing course for the Accessible Yoga Training, towards the end of it, I kept saying, like, and now I'm off my game, when it comes to marketing. I've, like been slacking and I haven't been super engaged in my marketing are connected. And one of the participants was like, um, Tristan, can I push back on that, because you're still showing up and like doing all these things. And I was like, thank you. I've been really I think I've been hard on myself, but not even noticing it. Right. Um, so anyways, yeah, I watched that program, and didn't put a lot of work in the, you know, putting it out there, I just did it like, a few times and thought, like, like you, like, if I get a small group of people, I that will be great. Um, I had, my father helped me create a spreadsheet to come up with crunching all the numbers, which was very nice with him. And I was like, Okay, I need this many people to make it work. And to make it work for, I want to

bring in guest facilitators, I want to, you know, compensate myself for my time, I want to offer scholarships, you know, etc, etc. And so, I was shocked to get 12 people, which is, yeah, totally bananas. And we've had one session so far. But then, like, the Accessible Yoga Conference happened, and then I was going to LA and so our second session is actually this week. But it's an amazing group of folks who are all either in yoga or some sort of space holding profession, like therapists, social worker types. And, you know, we just spent two hours introducing ourselves and revealing that yeah, it was amazing and reviewing assumptions and agreements, and several of us cried. It was like, it was like a yoga teacher training you know, when like, everybody's excited and getting vulnerable from the get go. And I was like, I can't believe this is my life. I can't believe I'm doing this. So yeah, it's called Yoga, Social Justice, and Marketing and it's this program is a five month program. I am where we meet to, on average two, three times a month. And, and I'm bringing in Raudhah, who we had on the podcast in season one. She's gonna lead us through what we're calling an Embodied Branding experience. Cool. Yeah, I'm really excited about it. And then you're coming in. And this is the cool thing, too, is like, you're coming in to talk about, quote, power and money, but like that conversation could go anywhere. And today, yeah.

Lauren 20:32

Depending on what should people have around it?

Tristan 20:35

Exactly. So and then Brooke is coming in. And our collaborator, Charlie Redd is coming in and, and we'll do a bunch of marketing work all through the lens of social justice, basically, which feels like my work is just continuing to head in that direction. And it's just very, very cool to see. And then I decided, very quickly after the first session that I want to do this again, in 2022. And so I'm going to launch another program in spring of next year. And it feels needed, like not just for Yoga people, but like people in general that, like we start to bring more awareness of privilege and power and, and oppression into the conversation of business growth. And so, yeah, I'm really excited about it. And it just feels like easy, you know, like,

Lauren 21:30

yeah, yeah, I said to a coaching client the other day, who very sweetly was like, you know, I want this to feel like an equal exchange for you. And I'm like, first of all, you're paying me so it's definitely reciprocal. But truly, it was a reminder of like, sometimes I don't feel like I'm allowed to make money because it's so fun. I mean, not that I don't work, I put in effort there's yet labor. And it does feel easy. And I you know, one thing I feel like I've learned over the last couple years is like, just because something's easy to me, or to you maybe like, it doesn't mean it comes naturally to everybody. And that's part of what's so great about entrepreneurial work is you can offer that gift to the world and get paid for it, hopefully,

Tristan 22:15

oh, and enjoy it.

Lauren 22:18

And work with your friends. You know, it's

Tristan 22:21

wild. It's really wild. And and, and also, like, watching people on social media put the stuff into action that they've been learning with me, like there's one person who was in my Conscious Marketing course. And she's now in my mentorship program, and she put out this whole post shout out to Alli, we should link to it in the show notes. She wrote this whole post about her rebranding process, because she was using the term safe space in her brand name. And now she's pivoting and she was acknowledging what she's been learning about the claim that a space is inherently safe. And, and, And side note, I argue and speak about all the time, the way in which that claim is harmful and, and kind of gas lady. And Alley was like, I learned from my mentor, Tristan X, Y, and Z. And I was just like, oh, like crying and like her, like the whole thing was beautifully designed. And she had these image descriptions pinned in the comments. And like, I was just like, this is the stuff we've been learning together. And I'm always learning like, even while teaching the Conscious Marketing course, new stuff was brought to my awareness around right accessibility on social media. And so then I put that into the content. And now Alli's benefiting from that and like, watching it spread across the Internet is like, and watching it shift people's lives. I mean, I just keep thinking like, I know you and I talk all the time about Michelle and how much we adore her. Every single episode. Yeah, it truly and she's always like, Thanks for the love and is like, oh, trust me, you are always going to get the love Michelle. Um, she's just changed my whole life. So like her work and who she is, has so deeply touched me and the fact that now it through, like through me, it's now touching other people in a different way, given who I am. And it's just it's really neat. To be a part of this moment and the shift that's happening. I feel like there is a shift happening in yoga. And I know not everybody is experiencing it. Or witnessing it or part of it. And I've certainly see the ways in which it's not happening here in Portland, Oregon. And on the internet, I feel like we're part of a community of people who are part of this conversation about the the white nature of yoga, the cis nature of yoga, the able bodied nature of yoga, the thin nature of yoga and how we're all now not we all but many of us are talking about it, acknowledging it and wanting to challenge it and and and do better. So it's really neat to be a part of that. Yeah.

Lauren 25:06

Yeah. And just like all the new spaces, it's making its way into as well like yoga justice stuff, or just, I don't know, I think that this community that's happening, and I would say our podcast is part of that too, not to give ourselves too much credit, but you know, people, yeah, like, just the people I've connected with through this too. You know, I feel like I've done a lot of complaining on the podcast, about, you know, the enthusiasm for this work has waned since last year. And weirdly, like having been in it before last summer, that crescendo, I've kind of like missed it. At first, I was like, Wait, hold on what? Yeah, and this is not to get again, to give myself too much credit, because obviously, as a white person, I will always have work to do. But there is something cool, though, about the folks who are still around. Because it's happening in a deeper way. And I had a conversation just this morning with a really badass studio leader here in Denver. I don't want to name them, because I don't know if they'd be cool be sharing this, but they had some really great insights about, you know, a very high percentage of most DEI trainings are proven not to really move the needle, or really change anything, and that the people who are making this a practice and showing up and making their own offers around this work and collaborating across all these different communities. That, to me is very exciting. Even if it's not as it's

not like that white sugar high. Like, an explosion of activism, like we saw last year. And obviously, we need much, much more and many more people. You know, getting involved and figuring some stuff out. But yeah, it is really cool to see and also to see the overlap between the communities to like, yeah, oh, I know you this person. But also you were in this training with me. And now I'm taking your training. And that's really cool. Yeah, fun.

Tristan 27:04

Yeah, I was just telling Lauren before we started recording that when I was in LA, visiting these friends over the last weekend and honoring Aviva that I felt like I was I was the queer though I was though, like the one I'm the one queer person, at least that I know of. And the one person who had tattoos and the one person who's doing this weird work and the one person who isn't married with kids and, and, and yet in this community that we're a part of, that this podcast is also a part of, I'm not the one I'm not the weirdo, I'm not the weirdo, and I'm surrounded by people who see and affirm and support me and who are having similar experiences or similar learnings or similar conversations. And it's just really, like COVID is still it is so hard. And it's and it's, it's impossible for me to wrap my head around how many people have have died from this disease? And how how much this is devastated so much. And it's impossible for me to wrap my head around climate change, and, you know, the status of our planet. And I feel so grateful that the internet has given us this thing. That is community and connection and change and, and work to towards good, you know, and I just feel really, yeah,

Lauren 28:35

I'm with you there. Yeah. And I think the other thing we're seeing right now, I mean, in real time is this worker shortage is how it sees, right? But it's like, I forget who was quoted in the New York Times article I read, she was, I think, an economist that she said, it's almost like, workers in the entire nation are in some kind of union negotiation. And, and so I do see this bigger conversation about what work should be right like that we're more than our work. And also, we deserve to find joy in it, that we're not just here to give our labor away in exchange for cash so that we can feed in give ourselves the basic needs, although not even in the CLI and then die. Like I I'm never going to be someone who's like, well, if it weren't for COVID, blah, blah, blah, all this good shit when it happened. That's not helpful. It's kind of like after Trump was elected, and everyone's like, well, if it weren't for Trump, we wouldn't have had this resurgence of democracy. Like that's not not very helpful. And at the same time, I do see shifts happening that I don't know what else it would have taken for us to slow down this much. And to adapt this much and really take stock of what we've been accepting maybe yeah, some of us and Given I think working hard was a, you know, good thing. That's not to say that I don't have days where I have long days or I put in a lot of effort into something but it's interesting to see people's value system shifting away from like, puritanical crap. Yeah, totally. Yeah. Yeah, you get some work with a lot of them, which is pretty cool.

Tristan 30:21

Yeah, yeah, I want to shout out a workshop that's coming up to wait a minute. Let me look before I do, cuz I don't want to confuse things. Yeah. Okay, we're gonna release this. This episode is coming out on November 10. So on November 12, my partner Christopher Hirsh and I are going to facilitate an equity statements for yoga and wellness professionals workshop, which I'm really excited about. And it really

feels like an apropos time for me to bring it up. Because Christopher and I had a lot of conversations about, first of all being to white people teaching a workshop on equity statements, and the complexities of that. We speak to it briefly on the webpage, if you want to read about that. And we also have had a lot of conversations about like, when you say you're going to teach a workshop on equity statements, people think they're going to get the step by step process of how to write an equity statement. Right? Exactly, exactly. And I'm really excited about it, because I think it inherently implies something that is going to attract a lot of people for not necessarily the right reasons. And also, they're the exact people that should be in this workshop. And I'm just really excited about it too, because we're going to approach it in such a organic way that is about orienting towards equity as a practice that then might inform how you approach writing a statement for your website, or your branding, or your newsletter or whatever. And so it's kind of like a, like, the the title presents, like an end result, but we're gonna talk about the beginning before the end result, right? Um, anyways, I'm really excited about it. So that's on November 12. And I wanted to mention that it's also the first time that we're co facilitating together. I was gonna ask, yeah, it'd be really fun. That's really

Lauren 32:18

cool.

Tristan 32:19

It feels like a big deal.

Lauren 32:21

And with the experience the two of you have in that space, I think it's going to be really, really juicy. I have a couple folks in mind, I've been meaning to send that link to so thank you for the reminder. Yeah, yeah. Yeah. Looks to my already had a statement. Absolutely.

Tristan 32:36

Yeah, absolutely. Yeah.

Lauren 32:39

Like to revisit it. Do you have anything else coming up before the end of the year, besides that workshop,

Tristan 32:45

I think I'm going to really slow down. Which is funny, because I'm like, slow down, I'm in a four day training. I'm like, I'm gonna be a student in a four day training. And like, you know, I have a lot going on, but I don't think I'm going to put new stuff out there until 2022. I'm, like, independently because I just, I kind of want to take a moment to breathe. And you know, like you and I were talking about in the last time we recorded, I'm still kind of envisioning what the next step is, and the the trans inclusion work that I do. And I feel like I'm going to get clearer on that over the next few weeks with a training that I'm in so yeah, I'm just really in like a cooking phase. And, uh, and I like pausing to regroup and reassess face. Yeah, and I have too much that I've signed up for anyways, I've also started taking a queer sign language training. Ah, cool. Yeah, it's really wild.

Lauren 33:46

Would you say, Oh, who's the teacher? Oh, it's

Tristan 33:49

through a program. So they have like several teachers involved, but it's through a program called queer ASL. And it's all online on Zoom. And they have several. I believe they're all deaf or hard of hearing instructors. And so the whole class is in silence, and there's no talking and I've never done anything like that on Zoom. And I can't believe how regulating it is to my nervous system to be on Zoom and not hear anything for an hour and a half. And it's really fun. Like it's a fun class. There's a lot of like, learning as we go visually, and then like stuff in the chat box to complement that and breakout rooms to practice with one another. And everybody is queer. And so this space, it feels really cool. And it's really neat, but there's like a lot of homework. So I'm like, I have plenty on my plate if I'm going to be a student at all

Lauren 34:51

in the next few weeks. So

Tristan 34:52

yeah, yeah, what about you?

Lauren 34:54

That is so?

Tristan 34:56

Oh, sorry, go ahead.

Lauren 34:58

No, I just said That's so fucking cool. Well, I'm really excited about it.

Tristan 35:03

You are doing a boundaries class around the holidays, aren't you?

Lauren 35:07

Yes. So, um, yes. And I'm trying to remember which day I want to say it's November 5. So it might have happened after this comes out, but I'm going to sell the recording to Okay, or maybe not sell, but people can just download it because it's going to be free. It's just like a one hour workshop doing some of the boundaries exercises that some of what I teach in, take up space. And full disclosure, like part of it is so that if anyone's interested in take up space, they can experience what it's like to be facilitated by me and just get a vibe of the type of people who tend to be in my spaces, who are all amazing, I'll just say, Yeah, especially ahead of the holidays, I would imagine more this year than last year, people are going to be traveling, if not just gathering. And that's challenging, even not in a pandemic. But when you add in extra time, since maybe you've been around certain people, I can get really, really tricky. And I also think we're all navigating a lot around our work this time of year, whether you're an entrepreneur and

you're setting boundaries with yourself, or with clients, and what you're like the expectations you're setting for how available you'll be this time of year versus like, you know, the boundaries with a boss, which can also be challenging. Yeah, I just I figured it was a needed needed topic.

Tristan 36:26

Yeah, I think that's awesome. Are you going to do other like one off stuff on stuff that you teach in the take up space or planning to

Lauren 36:33

I, it's, I'm still kind of figuring out what can I take on and put on my plate? Because once Take Up Space starts again, in these dates for this one we've, like there's one the week of Thanksgiving, one the week of Christmas, and then one right after the New Year's and obviously not everybody celebrates those. But I do know, that's when a lot of folks tend to gather or travel or whatever. So, but that was intentional, because I think we need that work

Tristan 37:02

through those times more than ever in that time of year. Yeah. Yeah.

Lauren 37:05

So given that I don't know how much capacity I'll have. I did quit that part time job, like I mentioned. So that might be a little different. But it's only been about a week since I've been recovering from that. So yeah, we'll see. I'd like to I also think, again, like I said, I think it's a helpful way for people who haven't worked with me before. Or maybe it's been a while to be like, is this the right fit? Is this the right teacher for me? Because I don't claim to be for everybody. Yeah. Yeah. So good for you, Lauren. Thank you, I was gonna say I'm also looking at grad schools, which means I'll be applying them next couple months. So that's a whole thing in psychology. So I was originally looking at clinical psychology, which would be you know, more traditional therapist training. I think I am going to go the Social Work route, though. Do the MSW thing. Yeah. Yeah. It just makes more sense. Good for you.

Tristan 37:57

I hope that works out. I mean, I'm obsessed with school, which I think is a little complicated. Because it feels like a very potentially white supremacist, like a line of obsession. You know, like as if credentialing means everything, as if degrees mean everything, like worship of the written word pipe type stuff. But, but also like, learning and is just fun,

Lauren 38:26

along with people to like, I'm really hoping to find if not a fully in person program than a hybrid, because I really want to get to know people here locally, I don't want to be, you know, on the other side of the country, and I mean, I've really struggled with like, do I need to go back to school to do what I'm doing and obviously I don't need to but especially we talked a little bit about this before we recorded but with these conversations around really high profile coach wellness guru types like Elena Brower, I'm just more mindful than ever about the harm that can happen when someone who's not a therapist might be working in that territory, even with, you know, boundaries and ethics and all that which I practice, like, I

just I want to make sure that what I'm offering is as supportive as possible. I also maybe would want to go ahead and get licensed and maybe offer more personal therapy or therapeutic modalities that I'm not currently I'm not credentialed to do and I think that's awesome.

Tristan 39:28

I can't wait to see where you go with that. And and yeah, I look forward to hopefully continuing the podcast maybe while you're in school so we can hear oh, it's going for you and

Lauren 39:40

you're never going to get rid of me I plan to do this. So glad. So no one can see this. But Leila is little face popped up on the couch behind Tristan and it's so cute. We

Tristan 39:51

Christopher stayed with her while I was in LA and he discovered that if you put yoga blankets over her, the like weightiness of them like she just like, goes to sleep and feels comforted, I think and so she's got a little nest going on the couch right now.

Lauren 40:10

cooler outside pieces doing the same thing we like put a blanket, a folded blanket on top of her dog bed. But sometimes Kyle will like come and fold the edges around her in she loves to have like her nose covered. I guess it probably gets cold. Really cute. Yeah. So you

Tristan 40:25

put a bow tie on her for your wedding. I noticed.

Lauren 40:30

Because I was like, well, you should be so be like, friendly. Because she's a very, you know, her appearance is very masculine. Yeah. And we've decided like, she identifies as a girl like she's a girl. Yeah, um, but then I was like, Yeah, but this is like a tomboy. And I don't know, I have no idea if that's a problematic term. I don't think it's gonna say please pull me back if it is, but she's a very like, I don't know. That's just Yeah, her personality isn't super feminine, right? So I got her very cute blue and pink plaid bow tie that attached to her like pink collar. So she was the best dog. It was the cutest,

Tristan 41:08

the best. And Fiona the cat got a What did she get like some sort of little veil situation?

Lauren 41:14

Well, so I wanted to do something like that, that was not going to be possible to put on a cat at least. And Fiona also still can't be in the same room as Bisa. So Fiona chilled in the bedroom during our ceremony and in the living room. But then afterward, I had bought this little pink cat collar and then I bought just like CVS or something one of those bows that people put on probably wedding gifts. It's like white and frilly. And so I attached that to her collar and put it on her just for photos. Which she tolerated for you know, 30 Maybe 60 seconds as my cat of honor. And because we can sell solemnize here, we

haven't turned in our marriage license yet. So we're trying to figure out like how to stamp pawprints on it for the witnesses to do here. Some people will put like their baby's footprint. It's so cute. So, you know, yeah, I'm just

Tristan 42:09

so like, in awe of the two of you doing it your way. This is what I said to Lauren in a text message after I learned the news. But you know, on your terms the way you wanted to do it not succumbing to societal pressures or from family pressures to like, do it. And I've just it's it's really bold. Oh, yeah. It's it's like actually kind of a radical wedding. Actually.

Lauren 42:34

That's what I was like, We are trailblazers, I. I realized the next morning his mom texted him was like, just, you know, just so you know, some people might assume you're pregnant. And that's why you did this. And I was like, Oh, shit, I didn't even think about. Um, yeah, okay, good. I think you'd more people around our age probably wouldn't, because also, even if I did get pregnant, we wouldn't rush and get married. Has the bat but um, and also Paragard is gonna stay in me as long as it can. I have no desire to do that. But yeah, so I had this other post Kyle's like, whatever, who cares. But I'm like, No, I couldn't care if people think. So I added something like, that's not the only reason people look, first of all, but also, like being such a sensitive person who struggles with people pleasing, especially with people close to me, this was just a way easier way to just fucking do it. Especially I mean, marriage is such a complicated thing. It's not for everybody. We're obviously two straight people. So it's a different thing. But I just, I hope it was like a testament to like, let your relationship be whatever the fuck you want it to be. And they can look many, many different ways.

Tristan 43:44

On some level, I feel like your wedding ceremony is evidence of what you are teaching and learning in the take up space program. You know what I had laid over the cup Do you want? Yeah, yeah, define things on your own terms. You know, identify what you need, and not worrying about, like what your parents want you to do and or society and culture and the world at large. And, yeah, I'm really, really celebrating both of you. Oh,

Lauren 44:11

thank you. And I do have to give families like a lot of credit, like no one was, at least not to our faces miffed about it. Everyone's been really supportive. And we are going to do like a party or something next year when we have some more money. So we'll, we'll get everyone together and do some mountain thing. Yeah, or something. Yeah. Yeah. So life is life is weird, great.

Tristan 44:34

Weird, totally weird. I feel like this whole conversation we've covered so much. And there's so much going on for both of us. And it's really nice to have this podcast as a touchstone. And I just want to say like to all of you who reach out and tell us that these conversations mean something to you and that you appreciate them like it's so it's really, really important for us to get those words of support. Because there's like we don't have a lot of way of knowing if this stuff is resonating, and if people are enjoying

them and so when you comment on Instagram or you send us a message or an email, like we really appreciate it. And we've got lots of good stuff planned. So the next episode is going to be with Jacoby Ballard, which I'm really excited. And Jacoby has got an incredible book coming out, which we'll talk about in that conversation. And then we just scheduled with Reggie frickin Hubbard feels like a huge deal. I'm like, dream list right there.

Lauren 45:37

I know, when we first started this podcast, I mean, we still have this Google Doc that we kind of work off a little bit, but we're writing down names of everyone who would be like a dream guest and one of us put Reggie I can't remember who it was. But and then you all connected I think over DMs. Yeah.

Tristan 45:54

After the accessible yoga conference. Yeah. Yeah, his keynote speech, like if any of you haven't yet watched it, if you can go back and watch it and register to get the recording. Or if you were part of the conference and didn't yet watch it like that speech really rocked my world. And he's a really powerful speaker and powerful presence and like an unapologetic black man who is committed to yoga and committed to activism and sees the two completely intertwined. And I'm just so excited to have that conversation with them.

Lauren 46:28

Yeah, in both he and Jacoby, share that you know, having a true activist background. Yes. And Reggie, also worked in politics. He worked on the Hill, which I'm very excited to talk to him about. I don't know of any other people who've done that. And if you live in DC, I don't know if he's teaching in person but faith Hunter studio embrace. That's where I used to like my very first yoga classes, I would go there and I don't think he was a teacher at the time. But it's a very small world thing and Jacoby I feel like we've had many shared people I know you all connected to through that. So it's, it's a lot of worlds coming together these next few episodes. Yeah,

Tristan 47:07

really exciting. And Lauren and I are going to at some point in the near future, be putting up a Patreon...

Lauren 47:15

I know where you're going with this.

Tristan 47:19

So stay tuned for that, we have decided that, um, the video recordings that we generate over zoom, when we record, these episodes are not to be wasted anymore. And shout out to Stephanie Ghoston Paul on her podcast, which is called Take Nothing When I Die. Because I was listening to an episode that she did recently. And she was saying how on Patreon, she puts up the videos from the podcast recordings. And I was like, That is such a special bonus content for people who care to like watch rather than just listen. Um, so stay tuned for that, because we'll be putting that stuff together soon and sharing that with all of you.

Lauren 47:58

You'll see Leila, Hartman's and you'll see how I'm usually not showered when we do these. Tristan always has cool glasses on your hands. And also, I mean, I'm excited about that, because we've been talking for a while about how do we at least, you know, pay for the expenses. And, you know, I'm also in conversation with somebody, and we'll talk about them if it happens, but about, like helping out with some of the tasks that, you know, go into this, so I'm excited to grow in our own. Yeah, fun little way.

Tristan 48:37

Yeah, it's happening. It's growing. Yes,

Lauren 48:39

yes. Yeah. We're gonna talk about our work because it's okay to promote ourselves to

Tristan 48:44

Yeah, and I think like, it is, I mean, if the conversation is about entrepreneurship and social justice, then how our work evolves is, you know, fits into that conversation. And so yeah,

Lauren 48:58

amazing. Yeah. Well, I hope that we remember to link both of our websites in the show notes. So people want to get in touch with us about all the stuff that you mentioned. Yeah. They can do that. And, as always, like, please find us on Instagram. We love talking to people. Yes.

Tristan 49:14

Yeah, we do. Um, and yeah, we'll look forward to sharing the next episode with you soon. And Lauren. It's been really nice to check in and chat and celebrate your big news and catch up in all the ways.

Lauren 49:26

Same here. I mean, literally, also your big news and just your big life stuff.

Tristan 49:30

Thank you.

Lauren 49:31

I love you.

Tristan 49:32

I love you too. Okay. Thanks, everyone. Thanks for listening to this episode of ALL THE F*CK IN. If you like what we're doing, we'd love it if you'd subscribe to us on Apple or Spotify. And leave us a five star rating and review. This helps other folks find us. You can learn more at all TF in podcast.com. That's a I TFIN podcast.com. and on Instagram at all TF in podcast, or at TristanKatzCreative or/and at LaurenKayRoberts