

[00:00:00] And little bit by little bit week over week for the past month and a half. I've been getting more time back In my day to do the things that I love, it could be work, could be being with my kids, but knowing that now I have more of that flexibility, I appreciate that time so much more.

[00:00:20] Welcome to into the wild, a podcast that helps you grow your business and shapes you into an industry authority. My name is Renee Warren, and I'm the founder of We Wild Women, a PR company that helps get female entrepreneurs off the sidelines and into the headlines. Each week I'll unravel mindset, marketing, and PR secrets, plus chat with expert guests to teach you the fearlessness needed to step into your greatness.

[00:00:48] Are you ready for it? Let's get wild. Hey, you wild woman. Have you ever wondered what the couples who seem to have it all together do to survive the tough seasons while also making it look easy? I guarantee you that it is what you think. My husband Dan and I started going on these couples retreats a decade ago.

[00:01:13] How it all started was I was running my agency, had both babies in the same year of launching it. My husband was also raising around for his new startup. So we were both traveling so much and we just finished outsourcing a lot of the tasks around the house from having a babysitter, nanny. We had a cleaning lady come in more often, but it wasn't the setup that we have now.

[00:01:35] And it was the couple's retreat was kind of the, the first investment of our time and to actually. Actually, my husband convincing me that I needed to get on board and delegating. Now, he wrote the book, Buy Back Your Time, which is all about delegating. And so to think that I'm the first person he had to teach all these principles was pretty good measure for us and it worked, but there was a lot of convincing.

[00:02:00] So we learned over the course of early on in a relationship, you have to understand we were only really. Dating for just over a year when I got pregnant with Max and so babies were a very large part of our life from the very beginning of our relationship, and we didn't have that honeymoon stage where we were doing a lot of things together.

[00:02:22] The advantage to what we did is twofold. One is that. We were both older and more mature in that time of our lives. So we were both in our early thirties. We'd already had previous relationships. Not saying these are the prerequisites to having a good marriage. For us, when we found each other, we had already kind of survived the twenties.

[00:02:43] And so when we came together, we had our children the same year of me launching an agency and my husband doing startup stuff, traveling all over the world. We knew we needed to both get on the same page. And one of the biggest things that we did. Was to apply business like philosophies to our family life.

[00:03:00] It's really tough for some people to conceive what that looks like. I had a friend an acquaintance of mine She is her husband's an entrepreneur, but she's not and so she doesn't have that entrepreneurial mind, which is fine She's an incredible mother However, it was hard for her to be convinced that these are the things that she needs to do to have a great marriage because she even said herself, and this is not verbatim.

[00:03:24] So I paraphrase, why would I want to have business in my personal life if that's what my husband does all day and she's not interested in really his work? And I said, fair enough. But it's, that's not the point. So she was missing the point and really what it is that we were trying to achieve and helping them get organized at home by using business like methods and frameworks in order for them to have more time to be able to work on the relationship, work on themselves, become great parents and so on and so forth.

[00:03:56] So anyways, we committed to these couples retreats and we started sharing them online. We would go away every quarter, we would find somewhere new to go. It could be, I don't know, an hour drive up the street. We've rented tons of Airbnbs from all over Eastern Canada to across Canada, even into V. S.

[00:04:15] Sometimes we'd jump on a plane and go. The whole point Was to extract ourselves from the day to day grind, the energy that is around the home, which is really hard to escape, especially as a mother and to go and work on our marriage and we followed very specific guidelines. I've actually written a couple of PDFs.

[00:04:34] If you DM me at Renee underscore Warren, I'll be happy to share the links to two of the guides that we've used over the course of the last decade. And what came out of it was not only consistency, but it was forced repetition and forced accountability and commitment to the goals that we individually wanted to achieve.

[00:04:57] For Dan, it was like running an Ironman. For me, it was competing and winning a CrossFit competition, to writing a book, to getting the car of your dreams, to moving across the country. Had it not been for us establishing those

goals as a couple, it Sharing them with each other and really pushing each other to achieve these dreams.

[00:05:16] We wouldn't have done it because let me tell you at this couple's retreat that we just finished hosting in Cabo. There were 10 couples there, and one of the most important things that came up, and there's actually research that shows this too, amongst all these couples, they knew that their success in life, however that was defined, was because of the partner that they choose to do life with.

[00:05:39] And this also extends beyond the person you choose to marry or be with. It extends to the people you choose to do life with. So when we kept getting asked to host this couples retreat, we really didn't know how to do it or how to do it with. And so when we met and became close with Chris and Melissa Smith, who run the family brand, and we, we spent time with them in Croatia and then.

[00:06:04] Before the retreat too, we did a week together in Cabo as a family. We knew that they were a family we wanted to do life with. And so when it was determined that the person you choose to spend your life with is probably the most important factor on your success, whether it is losing weight, becoming sober, landing the job of your dreams, writing a book.

[00:06:24] Think about it. If you're. For instance, trying to get sober, and it's really important for you that this is something you're doing for your life for the rest of your life. If your partner doesn't share those same values, it is really going to be hard for you to achieve sobriety. Right? Another factor would be losing weight.

[00:06:45] Say as a couple, you're both, you know, 20 to 40 pounds overweight. And somebody is really adamant on losing that weight. They want to get healthy. They want to have more energy. They want to sleep better, feel good in their body, have more confidence. And they start dieting, they start working out, they start eating better, they start doing the things that they know they need to do to actually achieve that goal.

[00:07:06] If the other partner Doesn't follow suit. It makes it so much more difficult for the other person to achieve their goal or it takes longer or they give up too soon. And so why it's so important that we go on these couple of retreats, why it's so important that we decided to host this couple's retreat was because we wanted to motivate, inspire, encourage other couples wherever they are in their marriage, meet them where they are to join us, to create These events for

themselves to understand the frameworks and the methods that we use Dan and I as well as the Smiths and how they were able to and how we were able to grow and prosper in a relationship.

[00:07:49] So what's really cool about Chris and Melissa is they have five kids and they share the story publicly. After their first two boys were born, they'd separated for a while because it was tough. They weren't committed to the marriage. They didn't know if they wanted to be married. So they went through all of these things to actually fall back in love with each other and to recommit.

[00:08:08] And then after that, they had three more kids. So they figured something out. And in that figure out thing, they created the family brand, which is a program that Dan and I went through a year ago, which is absolutely incredible. I won't share too many details at it, but I will put the link to the family brand in the show notes.

[00:08:26] If you want to go check it out, Chris and Melissa Smith, they do a lot of great things for people to create and establish really meaningful, intentional families. So anyways, we come together to go host this retreat. Thank you. And when it was all said and done, we had 10 spots open. So 10 couples, it's sold out like that in a day off to Instagram stories.

[00:08:50] So we knew there was something there. So we put pen to paper, came up with an idea, decided to host it in Cabo and invited all of these couples to come in, showed up and it was a two day event. And it was. So profound. I knew going into it that I would be honored to stand in front of these couples to teach them about some really cool methods that Dan and I use for our marriage, but also knowing that I'm sitting across the table from couples that have been married for 33 years.

[00:09:19] And have a beautiful relationship with incredible children. So, the point of it was to kind of learn from each other, but also to teach these people the frameworks to love less. Every single person in that room and throughout the weekend were there because they wanted to do something for themselves, to grow individually and as a couple, and to become better parents, and to become a better family for their community.

[00:09:42] So, the people that were there were intentional. Thank you very much. And most of the stuff I learned from the speakers that were there. So Chris, Melissa and Dan, but I learned a lot of little nuggets here and there from having conversations with people who have a beautiful family life. And so I

want to give you a couple of the really exciting, cool, easy to implement things that I learned over the course of those two days hanging out with these incredible couples at the couples retreat.

[00:10:12] There's really five of them. Well, there's more, but five is what I put down because I don't want to overwhelm you. Some of these things might reflect on what you're already doing, or it might give you inspiration and stuff that you can execute right now within your relationship. But again, if you have any questions about those guides or what it looks like, DM me on Instagram, Renee underscore Warren, and I'll be so happy to share that with you.

[00:10:34] So starting with number one. What I realized is one of the things that came up with a question that Chris asked is, what is not working in your life right now? And we kind of kicked off the retreat just diving right into the deep stuff. No fluff. And. I know this by doing the artist's way that you're supposed to write down the first things that come to your mind.

[00:10:55] And this was something that I was avoiding. As Chris says, the conversations you resist are the ones that you're really supposed to have, if that's with yourself or with somebody else. And one of the things that I was resisting was having more connection with my voice. See, I feel like I work too much that I felt that working was an escape.

[00:11:16] And I don't know if you feel that way too, but sometimes it got a little bit. Too much where I was doing busy work. It wasn't necessarily fun, but I felt like I was making progress and really I was just spinning in wheels because what I was avoiding was being with my kids. And I used to be ashamed of saying that because, you know, as society says, if you are intentional about having children, you're supposed to love being with them a lot.

[00:11:42] And it's not that I didn't love it. It's just that they were actually holding up mirrors to where I wasn't Complete in my life and part of it was I couldn't handle the messiness. I couldn't handle the loudness. I couldn't handle the whining and the bickering. A lot of moms can, and a lot of parents are really good at this, but there was something in that, that I couldn't handle.

[00:12:05] And so what I would do is I would escape in my work. I would go and I would record podcasts, or I would write blog posts, or I would work on client work, overextending myself in order to avoid something that was actually a beautiful gift. So what I did was I had a conversation with Dan. I said, listen, I have capacity in my business to be able to outsource.

[00:12:28] And he said, do it. So I hired an incredible team to come in and help me do the busy work that was actually keeping me away from my family. Also the busy work that was not allowing me to do my great work. And so. In this, I knew what it would allow me to do was allow me to practice the patience and the acceptance that I needed for my kids.

[00:12:47] And little bit by little bit, week over week for the past Month and a half, I've been getting more time back in my day to do the things that I love. It could be work, it could be being with my kids, but knowing that now I have more of that flexibility, I appreciate that time so much more. We'll get back to the show in one second, but real quick.

[00:13:10] Subscribing to our newsletter means you'll be the first to know about our latest episodes, get insider access to behind the scenes content, and receive personal empowerment tools directly in your inbox. But that's not all. Our newsletter community also gets exclusive invitations to webinars, workshops, and special events designed just for women like you who are ready to embrace their wild side and make an impact.

[00:13:39] Not to mention. All the free tools and tips I share to help you become the go to expert in your industry. Simply go to wewildwomen.com forward slash newsletter. Now back to the show. So I ask you this question, and if you're in a position right now where you can write this down, what is something in your life you're avoiding right now?

[00:14:00] The first thing that comes to your mind, write it down, put it in your notes file on your phone, or if you're working out and driving, just say it out loud over and over again. What is something in your life that you are avoiding? Because that is the thing that will help you feel more complete once you're able to face the issue or face that responsibility.

[00:14:18] So the other thing too, I wanted to bucket this in was a couple of the other cool ideas that we learned from families on what we're going to do to implement at home. Dave said that he has four kids. He goes, every child gets a one on one trip with both their parents when they turn 15 years old, anywhere in the world.

[00:14:39] So when Max turns 15, he gets to choose wherever he wants to go in the world and dad and I will go with him. And so it's just like the one on one time with a kid because if you have multiple children, we often don't get that time. I thought that was cool. Another family says no gifts at Christmas, just experiences.

[00:14:57] And I remember as a child growing up and looking forward to Christmas so much to get the presents because I loved playing with toys when I was a kid. I remember that. And so Christmas Day was always so exciting because we got a lot of toys. And it was only in the real time of the year that we would actually get these gifts, maybe a couple on our birthdays.

[00:15:15] So all the toys we had in our house was from Christmas. And I'm, I don't want to say I'm a minimalist. I'm by no means a minimalist. But I actually find clutter in my house, on my laptop, in my office, very distracting. And because I have self diagnosed ADD, It's just there. And if I see in the corner of my eye, it's there like the room.

[00:15:37] As an example, the room that I'm recording this episode in is the spare bedroom in the Airbnb that we're staying at in L. A. I'm actually seeing the bed. The corner of my eye was not really made. So the pillows are kind of thrown all over. Now I see that in my peripheral vision. It's messy to me. It would have taken me two seconds to make the bed, but I didn't do it.

[00:15:57] And so now it's in my mind. It's a distraction. So the idea Of not giving Christmas gifts, because let's be honest, her kids play for them for like two seconds and then maybe throw it away or they put it in a drawer never to be seen again. So I really love that idea. And then just doing experiences. The cool thing, too, that I that I learned that we need to get back to doing was non negotiable Sunday dinners.

[00:16:22] So one of the families that said this, they have. A younger child and two older children that live outside of the house, and one of them lives about an hour away, but what they created was non negotiable Sunday dinners where the family would come together so that they were intentional about meeting, breaking bread together, sharing conversations, accountability, and just loving on each other.

[00:16:44] And it's easier said than done, because to actually commit to that means that you have to make space in your calendar. To have those Sunday dinners. So moving on to the third point. So Chris Smith, incredible speaker, so much wisdom to share. He talks about possibility and he said this. That possibility exists, limitation is created.

[00:17:07] So when we think of our marriage or of parenting, we think about the possibility of what it would be like to have a really amazing, secure, safe, intimate relationship with our spouse. Or to have that same secure, safe, rewarding, fulfilling, complete relationship. With our kids that exists, we create

the limitations around that we self doubt we create these stories in our head that we just keep spinning and spinning.

[00:17:37] And this is based on lived experiences or stories that were shared of you or expectations from our culture, our religion, society, the country that we live in. Chris says. Possibility exists and limitations are created. We create our own limitations when it comes to create having a really good marriage or growing our business, and in this case, having an incredible relationship with our spouse.

[00:18:03] So the more I think about that, the more I think about all of the things that kind of stopped me from either moving forward my business or making decisions and also the resentment that I used to have towards my husband. But those were the limitations that I created, not him. And by the way, most of the work that is required to have a great marriage is not anything external.

[00:18:25] It's within ourselves. The more that you can work on yourself, the better you can come show up as a couple. But the thing is, is that both people have to be conscious, intentional, and consistent about working on themselves. You'll see some relationships where one spouse is really working on the personal development, making sure they're more attentive, loving, caring, all the things that they know the other spouse wants.

[00:18:52] The other person isn't doing the work and guess what happens? They grow apart, they grow apart, and then they say, Oh, well, she's changed. Well, of course she's changed because she's doing the work. And so it is both couples responsibility to work on themselves. It doesn't matter how great things are now.

[00:19:10] There's always that next level. Just like Chris says that there's no top of the mountain. The mountain is supposed to be forever climbed. And while that sounds exhausting and very limiting, which is ironic, The point is that there's always possibility for growth and to do things better. So next thing is how we often think about all the things that aren't working instead of focusing on what is.

[00:19:34] So he says most of the time people think about all the things in their life that aren't working and that's what they focus on all the time as opposed to focusing on the things that are actually great. Our kids have our health. We're able to travel. We're able to eat great food. We're able to sleep in warm, dry, safe places.

[00:19:54] We're able to work on the businesses we love and be married to the person we want to be married to. As opposed to thinking, Oh, he chews too loud. My kids are messy. They're too loud. They're sticky. They always want me. They're whining. We joke around and even Noah loves us. The Noah's a Velcro child. He, if he had it his way, he'd be on my lap all day long and he's 10 years old.

[00:20:15] And sometimes it gets annoying because I need to move or I need to go to the bathroom or whatever the circumstance. However, on this trip, what I really learned to appreciate is that he wants to do this. He wants to hold my hand and be with me. There's going to come a day that he doesn't want it anymore.

[00:20:32] There's going to come a day that he leaves home. And that just like the idea of that just really breaks my heart that my baby is going to leave home and so we need to take these moments in our life and just truly cherish them and ignore all the, all the little things that we think that we need to ignore.

[00:20:52] We need to ignore those stories in our head that we tell ourselves about how frustrating things are because really at the end of it. Life is quite beautiful if we choose to look at it that way and same with our relationship. Now, unless you have any sort of emotional or physical abuse by that, I'm not a psychologist, so I can't help you there.

[00:21:10] However, for the most part, we tend to default to looking at all the things that are crap in our relationship and parenting. So I urge you to move away from that. So lastly is, is again, Chris's framework, which I love so much, which my husband used on me the day we learned this, and I didn't even know he was doing it.

[00:21:30] So Chris calls this the authentic conversation framework, which means that you understand that there's a thing going on with somebody and you'd never attack that person personally, but the framework works like this. So say Dan did it on me because I was a little bit overwhelmed by the travel and the couples retreat, just because the logistics with childcare and all this stuff.

[00:21:52] As a mother, my brain defaults to making sure that my children are safe, despite the circumstance that I'm in. These people paid thousands of dollars to come and be with us, yet I was still having mummy brains. So I was overwhelmed, and then I was taken and out on damn, not intentionally, didn't even know I was doing it, but I really fucked back on it.

[00:22:11] And man, I was not a very nice person and I feel bad. So here's how the authentic conversation framework goes. You say, hey, name. Lately, it seems like Insert the issue or you say, Hey name. Lately it feels like, so I'd say something like this. Dan said, Hey, Renee, lately it seems like you have been short with me, and I'm wondering, is everything okay?

[00:22:36] And I was like, oh gosh. I know that I'm being frustrated and a little bit lousy, but I'm, that's not towards you. And I, I'm really so sorry. Oh my gosh. I'm so sorry because I didn't realize that I was doing that, Tim. I was just frustrated inside. But of course, that projects outwards. So then when you have a little conversation about it, you let them talk and you just listen.

[00:22:57] Then you jump into the part that is the agreement. So you come up with an agreement, you say something like, I'd love to make an agreement together so that we can change this. Is that okay with you? I'd love to make an agreement together so that we can change this. Is that okay with you? And I said, sure, absolutely.

[00:23:15] And he goes something like, can we agree that when you are feeling overwhelmed or frustrated about something, can you please just let me know so that I can help you? As opposed to you taking it out on me. And I said, absolutely. And so now what I do, even though it's only been a week is if I'm frustrated about something, I'll take them aside and say, listen, I'm really frustrated about this, can we talk about it?

[00:23:39] What happened was one of my sons was having like a downward spiral emotionally. And he got to the point in the spiral where he can't snap out of it. Which requires Dan or I to come in now, Dan is exceptionally great at having these conversations, not me, and I'm working on it, but there was a moment where we were both walking up the stairs and in several occasions, I felt my hallucination was that whenever I tried to provide value to the conversation.

[00:24:10] I felt like Dan was disciplining me in front of Max because he maybe didn't agree with something that I said, and I was not trying to be malicious or anything. I was actually trying to help my son out. And as we were walking up the stairs, I turned him and I said, listen, Dan. It seems to me like most of the time that we have these conversations with Max, you discipline me and get angry at me just as much as you get upset with our son, and I don't like that.

[00:24:40] Can we agree that in this instance, we will only help Max, and the conversation that you might need to have with me, In that moment, we can save

for a private moment later. Can we have an agreement on this? And he said, absolutely. And so the why we do this is that it allows us to approach a situation or a conversation without the other person feeling like they're being attacked.

[00:25:02] Because what we're doing is you're saying, I feel instead of you are right. I feel like you're being short with me as opposed to saying you are short with me. So instead of it being an attack or just saying, Hey, listen, I feel like this way, not too sure if this is the truth. Maybe I'm not looking at the right way, but I feel this way or it seems to be this way.

[00:25:22] And let me tell you, if you can use these authentic conversation frameworks with your business and employees with contractors, vendors on sales calls, whatever the versions of this, it is a game changer. Um, so we're using this right now, practicing it in our marriage and also some instances when we're parenting and it is such a beautiful thing.

[00:25:47] I didn't even know that Dan was doing it, but now I kind of pick up on it. So, you know, over time you can kind of rephrase it to work for you, but I think it's such a beautiful way to approach those tough conversations. So anyways, if you have any questions about doing a couples retreat, these things you can host yourself, and I really urge you to do so.

[00:26:06] If you are interested in joining us at the couples retreat that we are co hosting with the Smiths in 2025. Direct message me on Instagram, just write couples retreat 2025 and I will send you the information as it comes through right now. We're still figuring out where and when it's going to be, but it's probably going to be sometime in March of 2025 because of the demand.

[00:26:30] For coming to this couple's retreat, there's very likely going to be an application form, and it's just a filter for us to make sure that all the couples that are together at this couple's retreat have similar values or can share important information for each other for the purpose of helping them become better couples, having a better marriage and whatnot in life.

[00:26:51] So before I go, I do want to leave you with one last closing quote. That Chris said during his talk by John Spence, he said, you cannot change what you refuse to confront. So if you are having a challenging time in your marriage or relationship, that's just a simple reminder that you cannot change what you refuse to confront.

[00:27:12] And most of the time growth in a relationship, it happens on the other side of those uncomfortable conversations. So I really hope you enjoyed

this. If you're interested in the couples retreat, like I said, direct message me on Instagram and I'll send you the information. But love this, love this for us, love this for the couples that we've had an incredible time with.

[00:27:34] And I love this for you. So until next time, ladies, peace out. So there you have it. Thank you for tuning into another episode of Into the Wild, to make this girl happy and to help reach other women who are dreaming of starting their business. Please leave us a five star review on iTunes and everywhere you listen in.

[00:27:58] Also, if you wanna find me in the wild. Check me out on Instagram at Renee underscore Warren. That's R E N E E underscore W A R R E N. And leaving you with one of my favorite tips of all time. The best advice you could ever receive is from someone who has successfully done it before you. Until next time, ladies, peace out.