

#142 Necker Island Experience w/ Crista Grasso Part 1

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SPEAKERS

Michelle Glogovac, Crista Grasso

M Michelle Glogovac 00:01

You're listening to the mind simplified life podcast and this is episode number 142. Welcome to the my simplified life podcast, a place where you will learn that your past and even your present. Don't define your future. Regardless of what stage of life you're in, I want you to feel inspired and encouraged to pursue your dreams, simplify your life and start taking action today. I'm your host, Michelle Glogovac, and I'm excited to share my stories and life lessons with you will taking you on my own journey. This is my simplified life. Hello, my friends. Welcome to another episode. I'm your host, Michelle Glogovac. Maybe you've noticed lately that I have a new column in my voice and it's because I recently came back from a trip to Necker Island. And a lot of people have asked Where's Necker Island. It's in the British Virgin Islands. And it is a private island owned by Sir Richard Branson. I was invited on a leadership gathering by the founder of Business chicks, Emma Isaacs, who I've had on the show, and she shared about her experience on Necker Island. And I said, it's going to be on my bucket list. Well, I had no idea that in a matter of months, I would get an email from her inviting me to come on this trip. It was life changing. And I don't say that lightly. I came back with something that was inside of me, that was a calmness, there was a grace, I honestly felt like I was floating as I was walking. And it became indescribable, it's made sure that I have created new practices, my daily habits, I am now more present, I'm more focused on ensuring that I have time to myself every single day. And a part of this process was also getting to spend time meeting new women from around the world, but also sharing my space with Krista Grasso from the lean out method who's been on the show before. She has been a very dear friend of mine for years now. But it was the first time we got to meet in person. And we met in person in the airport in San Juan, Puerto Rico. And it was it just made the whole experience more magical. So Krista and I got together, literally two days after this trip when we came home, and we recorded this week's episode and next week's episode all about the experience that we had on Necker Island together, you're going to hear about the different speakers, the different sessions that we had, the fun parts, it really encompasses everything that was on the trip, but also what our takeaways were from every speaker, from the entire week of being on this majestic beautiful island, and how we hope to move forward in our lives after having had this experience. So here is part one of two parts of our experience on Necker Island.

C Crista Grasso 03:17

Today, maybe the episode that I am the most excited about sharing with you because I have Michelle Glogovac with me today. And we are going to be talking all about our experience on Necker Island, which we just got back from. So we're going to be sharing our biggest takeaways, we're going to give you a little behind the scenes. But also one of the things that I want to talk about, which I think is really relevant is how often do we have these amazing experiences, we go on vacation, we attend a conference, we participate in a retreat, we do something and we feel amazing and inspired in the moment, and then we get back to our computer. And we forget everything that we learned and we don't implement anything. So we're also going to be talking about how you can take these amazing moments and experiences that we get to have throughout our entrepreneurial journey and actually leverage them to make real change for yourself personally, for your business, or even from an impact in community perspective. So that's what we're gonna be diving into today. And if you've been a longtime listener, you've probably met Michelle already. She was on Episode Nine of the podcast, but in case you don't, I'm gonna have Michelle give you a little intro tell you a little bit about what she does. And then we are going to dive in. So Michelle, over to you, Chris.

M Michelle Glogovac 04:37

Good morning. It's so fun to see you although I'm not rolling over. Not next to you but in the bed. Other bed next. I am so excited to be here and to get to chat with you and share this magical lifetime experience with you. So I am Michelle Glogovac. I am the podcast matchmaker and the founder of the MLG collective where I matched my clients to podcasts to help share their stories, their messages to create an impact. And I coached them through their storytelling and podcast interviews. So I changed the world one voice at a time

C Crista Grasso 05:14

that she does, she is exceptional at what she does. And she was also my roommate for the past week, which was pretty exciting. So we've known each other for a really long time, I think for a couple of years now. But this was the first time we got the opportunity to meet in person. And we got to spend an entire week together. So

M Michelle Glogovac 05:34

it was great. It was we shared a room it was cozy.

C Crista Grasso 05:38

It was and that room had the most incredible balcony ever. Can I just say I would love to wake up every single day and just step out onto that little balcony overlooking the ocean. With my nice shot of espresso in my journal, it was just such a great and peaceful way to start the day and to just feel really grounded to go about the day, while avoiding the lizards that kept trying to jump up on everything.

M

Michelle Glogovac 06:04

I was gonna say there was a lot of effort and footwork in that sitting peaceful zen like moments of don't get

C

Crista Grasso 06:10

me going, Oh, there's another one. True statement. But often the distance we would see these beautiful like bright coral flamingos flying over the Caribbean blue sea, it was like amazing to see the contrast in the colors. So there was no no shortage of beautiful things to look at while you were trying not to step on the Guan is in the listener. All right. So Michelle, let's dive right in. And let's chat about some of the experience itself and some of the takeaways, what was what was the experience like for you?

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Michelle Glogovac 06:43

It was unexpected. I think that's the best way to put it. Because we went in not really knowing what we were going to come away with. And we were told, you know, it's gonna be different for everybody. You know, it'll affect you differently. And it could be tomorrow, it could be the next day, it could be in a year that you feel, whatever it is, whatever change there is in you. For me, it was day one. I cried friends, I cried every single day, every single morning. And it was like this opening this. I can't even describe it. But I felt right in the middle of my chest, this openness. And it continued when I came home as well. This was more about getting internal than it was about business. We weren't sitting there talking about business, and how do you lead? And how do you do this? It was what kind of work do we need to do on ourselves that will then continue on into the world that will affect our business that will affect our family that will affect our lives, overall? And that was surprising to me, because I don't know that I really anticipated any of that happening. Did you feel that way?

C

Crista Grasso 07:57

I did. And so I do a lot of retreats. I do a lot of events, I do masterminds, I participate in so many different things. And being that it's a leadership gathering. And I know that we have sessions and we have speakers and we have all of this stuff, I kind of thought that it was going to be a whole lot of business. Now I knew there would be some of the personal aspects of it as well. But I just went into it very business minded because that tends to be how my brain works. Anyway, I'm always thinking business strategy, what am I going to do next? And what is this, and I found that it really was more a container for self reflection and self development. And it was really quite an interesting experience and a really amazing experience. But I feel like I took away as much personally, maybe even more so than I did for business directly. Whereas I feel like there was so much indirect that's going to impact and shape both myself and the business.

M

Michelle Glogovac 08:53

Absolutely. And I think that for me, the beach has always been a calmness. It's my happy

Absolutely. And I think that, for me, the beach has always been a calmness. It's my happy place. It's where we want to vacation. And so I've always gotten that sense. But this was totally different in that we slow down. And I know that one there was one morning where I just sat before the sessions. And I looked at the greenery. And I was amazed at all of the different shades of just green, not even the blue of the ocean, which was a blue I've never even seen before when we're out in the middle of the Atlantic. But to notice this beauty to take it in, and to be in awe constantly from the moment we wake up to the moment we go to sleep and we're looking at all of the stars and are just mesmerized by all of it. It was a calm, a reflection, a gratitude. It's indescribable, almost, you know, I keep trying to come up with words to describe everything and I've said it's life changing and my husband laughs He's like, Yeah, how was this life changing for you? You sat on a beach for a week. But it was, you know, he doesn't understand that there was so much inner work that went through me. And I've already had another friend go, you seem so much calmer. Just in the couple of days that I've been back the text messages I send, there's just a calmness. And I think that there was more about being present, that we were there for the sessions. We were there for, you know, the beauty of the outside, and to take that with us and come home. That's what I've been needing. And I think what I've been missing the most.

C

Crista Grasso 10:34

Yeah, I agree fully. And I talked to a few different people yesterday and today. And everybody has hands down said the same exact thing while you're glowing. Everyone's does that when they talk to me. It is I feel like it's not just probably because my skin got a little bit too much sun, too much based off on her I know. But I mean, like, it's just that like, almost energetic flow, where I do I feel completely refreshed in a way that I frequently don't. I always come back from things feeling very inspired. My mind is going and I've got all these ideas. But I don't usually come back feeling this grounded in just this Yeah, calm. It's a different type of experience in a lot of ways. And it's interesting you shared about the beach. I think one of the most surreal moments for me, was we had decided to go snorkeling, which was pretty fun. And we went over to this beach, and we were quite literally the only people on the beach. And if you just think I mean, the beach, to me is always a very calming place. I love the beach. But how often is it that you're alone on a beach, or if you're looking around, you know that somebody's going to come at any moment, or there's buildings and there's traffic and there's noise. And there's all this stuff around you. We were quite literally the only people on an entire beach as far as the eye could see in every direction. And the only thing that you saw when you looked around was pure beauty. Whether it was the water, whether it was the palm trees, whether it was the foliage, whether it was the flowers, whether it was these amazing little like structures that they have all over the place like beds that you can lay down on and these great little like gazebo rows and things all over. And I just remember looking around and saying I don't know that I will ever in my entire life. Have this this experience again. And it's absolutely amazing.

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Michelle Glogovac 12:26

Yeah, and I remember the moment that there were fish that I was like, Hey, let's bond and there was one fish who was like, I'm just gonna hang with you like, we did nothing together, we just looked at each other back and forth. And it, you know, letting the ocean just kind of take you. And there's no fear, there's no worry, it's, I'm just gonna float along, and I'll come on back when I'm ready. And then I'm gonna go look at shells that nobody has touched that are the most unique things I've ever seen in my entire life. And I've been to plenty of beaches. It was

just amazing. There was no time constraints. It was a freedom. It was just you were there. And I think that's, that's the most important thing is we're constantly in the hustle and bustle of every day. And you know, oh, we've got this meeting now. And then I gotta go pick up my kids. And then we got to have dinner and we've got this activity. Whereas here was like, yeah, we've got dinner in a few hours, no big deal. If you're, if you're late, don't worry about it. You know, you can get there when you get there and the food will be there. It was just whatever you have to do to be in this moment was up to you.

C

Crista Grasso 13:33

Yep. And to me, I feel like that's some of what I really want to bring back. Right, we're gonna get into some of our takeaways and some of the amazing things that we learned and that were shared there as well. But I do think that a lot of it is how do we bring that sense back to us? Now, obviously, we have meetings, we have deadlines. We have things that need to get done. We can't always just be sitting around like, oh, as much as that's nice, right? Really,

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Michelle Glogovac 13:59

I was hoping we could

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Crista Grasso 14:02

I probably could if I had that view that I woke up to every morning. But that being said, it's like how do we take that back? And I know for me personally I've shared this before is I struggle with things like meditation, I struggle with things like sitting in silence. I am a gogogo kind of person. My nickname is Energizer Bunny, because I am constantly going, my brain is constantly going even if my body is sitting still. It's just kind of who I am. And I felt like I actually was able to relax. I actually was able to come down and I want to start building more of those practices into my day. It's like I do breathing today. I do journaling today. There's a lot that I do. But it still never really turned my brain off in the same way that it did throughout our week together. And so I'm excited to start to incorporate more of that into my practice because I just I felt different. I felt completely different. It wasn't just that it's good for you. And yeah, you should do it. It's like I could actually feel it in my body and in my calmness and in the way that I process things. And so to me, that's one of my takeaways. How about you?

M

Michelle Glogovac 15:16

I completely agree, because I'm the same way. Like, if I'm watching TV, I'm knitting something, or, you know, I'm constantly doing something I can't sit still. And so that was a big one for me as well. I do journal, but I don't, I can't meditate and like, oh, maybe when the kids go to bed or like, close my eyes and doing app thing, I don't know, the breathwork thing. I'm like, okay, it hasn't been my thing. But I also think that and having these this time that was set aside for all of this, it made it our thing, like, we didn't really have a choice, this was part of your day. And this was how you start it. And I loved that, you know, coming home yesterday to all of the stuff and I had said, Oh, I'm going to start checking my email only two or three times a day, I want to start doing that, because I didn't open my laptop for a week, I perused my emails occasionally,

I've you know, it was like first thing in the morning, lunchtime, and then it got put away sometimes it didn't even come with me. And my husband said, Actually, yesterday, he goes, you know, you get give yourself grace, because you just came back from a week of being away. So of course, you're gonna have to catch up on things. Because I said, I feel bad. I couldn't put into practice what I wanted to. So this morning, I was very purposeful about drop the kids off. And then before I do anything, I'm going to go have some Sarah Blondin time, and I know we're gonna talk about Sarah. But I got to have that moment back to start my day. And I can already feel that right now. I feel like I did when we were in Necker, unlike yesterday, even though yesterday, I didn't feel like oh, so rushed. But I still have things to do. And today, I'm like, It'll all get done. It's okay. I even feel like I talk like her now.

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Crista Grasso 16:58

So speaking of our friend, Sara, so part of the magic of this retreat, and the thing that I loved so much about it is, if you've ever been to conferences, if you've ever been to other events, or retreats, what happens there's a speaker or somebody who comes in, and they tend to come in, they talk for their 30 to 90 minutes, and then they leave, right, they might hang out to sign a book or, you know, do something, and then that's it. But we actually spent the entire week with the people who are there to present and to speak and to lead. And it was so nice to get to deeply know people and to get to see people, multifaceted, not just the person who's standing up or sitting in front of the room, talking and sharing their experience or their message for you. And one of those people was Miss Sarah. So I'll let you chat a little bit about Sarah and I know I have yet to download her meditations. But I will. And I know you actually were listening to hers today. So tell us a little bit about that.

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Michelle Glogovac 17:58

I was I did not know Sarah going into this. And when I saw her, I thought oh, she's like a little angel who's floating and she had on you know, her linen romper. And I even said from like, That's the cutest thing I've ever seen. I could never wear it, but it's adorable. And she's just so little like I ended up at the end. I said, I want you to take you home in my pocket. And I feel like I have. And she takes us on this journey. Her voice just alone her voice. I just close my eyes. You see that? It's it's just, it's calm. It's soothing. And, you know, the music in the back and the breath work and she centers you and it was something totally brand new for me. And she you can find her on everything. I found her on Spotify. I listened to her on the plane. I was doing her her old podcast, it's no longer new episodes, but it has meditations from her book. So you can do it there. You can go on insight app, Insight Timer app, where she's, I think she's like one of the top downloaded people. And she still has some live classes. I know. She's got two Saturdays in July. I haven't stalked her at all, by the way, like, no, no, no, no, I don't know all of this information, I'll have her personal email address, maybe. But she she gets inside of you. You know, this morning, the meditation that I was listening to was about how we have this seed inside of us. And it allows us to be sensitive and to touch that part of ourselves and to be intimate that we we crush it down. We stop, you know looking inside. And I think that was the biggest thing throughout the week of listening to her of you know, noticing what is inside that I haven't allowed outside. What is it that I've held back on or not acknowledged about myself? And hopefully I'm saying all this right you can tell me if you agree with it or If not, if you're like, Nah, it's not what I got. But it was just this serenity and calmness that also became very emotional. And I think that's why I cried so much was because it opened the floodgates of what

is inside of me that I haven't let out. That's still there, even through therapy for years, you know, and doing the hard work, there's still something inside that needs to be released. And I think that that also creates that floating feeling. As we go through life, and we become more present for me, you know, coming home to my children who just wanted to sit on my lap. That's truly all they wanted and to cuddle. And I sat there and I took that moment in versus Okay, let me check my email. Let me see what I gotta do. I gotta make breakfast, but just to be present, and to be exactly where we are. Yeah,

C Crista Grasso 20:54

I agree with all of that. And so we had, Sarah was our speaker, the first day of the retreat, and then every morning she kicked us off with a meditation and a little bit of breathwork. And it was just such a nice calming, grounding way to kick off each day. So it was nice to have her she was the one who actually did things each day. So I felt like I got to build up my awareness of what she does, and I just I so enjoy her her and I can't wait to kind of dive in and check out all of her her work and our meditations. But to me one of my very favorite moments of the entire experience one of the other people there was as your as your Antoinette and she is a riot and a half but on our final morning of breakfast, we're sitting with Sarah and as your is your is mimicking Sarah, doing her meditation and she's like, reach to the sky and push against the wall and he pinned down. Well, that's a song

M Michelle Glogovac 21:53

right? It's a rap song is to the window to the wall, to the sweat runs down. I'm gonna stop right there. Because if you know it, you know it. It's a song she was singing. And that was her interpretive breathwork meditation impression of Sara, which is why I was dying of laughter It was so funny. I'm like, Yes,

C Crista Grasso 22:17

keep going, keep going.

M Michelle Glogovac 22:18

That's my type of meditation.

C Crista Grasso 22:21

It was probably one of my favorite moments of the entire experience. Because we're Sara is very like this and very floaty and very like a one or two. But as your is very like an eight or nine. So her mimicking Sara and doing what I didn't even realize it was a song. Oh, it was just I mean, we were having a blast. It was one of my favorite moments.

M Michelle Glogovac 22:47

M Michelle Glogovac 22:47

And then she mimic Jess and how she comes in, she eats her fruit. It's just you have to these people. They're so opposite of me. And I think that's why I love them so much. Because there's such a flow and everything they do and this gracefulness and that it's just not me, I don't walk in linen pants and float along. And some of these people do and then to see as you're doing an impression, and is yours, like six feet tall? And she's like, Yeah, but I'm gonna do an impression of you. And it's the funniest thing. And it's endearing because she does it because we all love these people. And she did too. Yeah, that was the best breakfast ever.

C Crista Grasso 23:32

And that was I think, what I loved so much about this experience that's so hard to communicate. Yes, we spent a week with Richard Branson. And it was amazing. And he's amazing. And we'll talk about that. We spent a week with Gabby Bernstein. And we got to hear her talk. And we'll talk about that. And there's all of these things that are great, right? And from the outside looking in, it's like, Ooh, you got to hang out with Richard or Gabby or, but it was these moments like this breakfast. To me, that was what made it so incredibly special, and just so memorable. And something that you're never gonna get by just hearing the Keynote or listening to someone on a podcast. It was just that real lived experience. And that shared those shared moments that, to me was what made the entire experience.

M Michelle Glogovac 24:18

Absolutely. And we wouldn't have gotten to know these people the way we did had we seen them, you know, talk at a conference and get up and do their 20 minutes. And with Azure, I'm sure I would have felt the same way that I did after she spoke for, you know, her 30 minutes or whatever it was, but then to get to know her personally and, you know, to hug her to say let's have lunch next month. It's there was something different where even though I told certain people like you're my friend now, we're friends, sorry. We walked away as true friends with these individuals, you know, more with some than others, but there was a true connection. And I think they felt the same way because they Don't get to know the people that they speak to, either on this level, and that's what's so special.

C Crista Grasso 25:05

Yeah, it wasn't as you're just so happens to be near my home this weekend doing one of her I don't know what it is that she's doing. I think she's facilitating a session or doing a Keynote or something. So I'm gonna go out to see her, which I probably wouldn't have if I just heard her talk somewhere. But it's just I feel like I really know these people on a different level now. And they're amazing people beyond just what their what they share in their message. They're just genuine, amazing people. And, yeah, total highlight of the experience.

M Michelle Glogovac 25:35

Yes, I love that. And we got to have a beach side chat with Azure, you know, to share our own experiences. And you know, she she's Dei, she's diversity. She's, she's worked with the Grammys, she has a song with, I don't even know, his real name is Dr. Owen hunt from Grey's

Anatomy. Yeah, it's Dr. Owen Hunt. They sing chasing cars together. And they're raising money for the Nora experience to, you know, help people in need. And they're not even really publicizing it the way that I would, I want to publicize it, because they're doing good. But she's doing so many of these things she was on Grey's Anatomy last season, she has MS. And she's just the most beautiful person inside and out my takeaways from her, one of the big ones was, you know, we all want to make an impact, we all want to help when it comes to black lives matter. When it comes to diversity, we all want to make these big gestures. And what we ultimately need to do, she says a start in our own world, start at home, start with ourselves. And then it will have that ripple effect. And impact will, you know, be rippling. And it was so wonderful to hear that you don't have to make something big, you don't have to go and make these financial contributions. If you want to Yes, go do them, by all means, but that's not what it's going to take, you know, it takes us as individuals, to be those people that we want to see. And the teach our children, this to be the example for our friends and our family, and to let it then continue to grow in that way. And that, to me was so beautiful and profound to know that, uh, you know, my big thing of walking away was I am enough. I am enough, you are enough. What we are doing is enough, because we are trying. And that is the biggest, the biggest takeaway for me of knowing that it starts with me. And what I'm doing is exactly what I should be doing. I don't have to worry about doing more.

C

Crista Grasso 27:46

Yeah, I agree as you're just, she has a way with words, no surprise that she does a lot around words and the power of words and the importance of words. But she just she said so many things that really stuck with me. And I find myself reflecting back on her session. And then the beautiful session that she had done afterwards, that smaller chat over and over and over again, her session is the one I just keep coming back to. And she has just a really, really nice way about her of saying the things that really need to be said, but in a way that I feel like people can really hear and can really take in and really take action on and I just I appreciate her and who she is so much. And she is also the funniest human being I may have

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Michelle Glogovac 28:32

ever I'm like Are you a comedian or a poet? Like, what is this? Gonna go? Yeah, it's all intertwined. And it all comes out like everything at once. eautiful beautiful.

C

Crista Grasso 28:49

I love it. All right. So let's keep going with our our speaker talk. So we talked about the lovely Miss Sarah, we talked about is your book, Kim. Wow. Oh, Kim. Yes. I loved her.

M

Michelle Glogovac 29:08

It was a she is the happiest person. So Kim is the napalm girl. She's the girl that you see in the famous photo of the Vietnam War. Who is naked screaming down the street because she has just been hit with napalm. And Kim is now what 60s around there around there. And she is the most happiest individual I think I've ever met in my life. The woman always has a smile on her

face. The resiliency that she has, is phenomenal. The forgiveness and openness in her heart is so admirable. You know, I don't know that I myself would have what she has inside of her when it comes to forgiveness. I don't know other people have what they what she Has or could have what she has. It's her story is incredible to hear her journey and how she defected to Canada and kidnapped her husband. I loved it. I loved it. Her husband tonal was there, too. He was the only man besides Richard Branson, and staff members who are male that were there. And he's very quiet and attentive. But then he gives you a zinger like it was the best kidnapping I've ever had.

C

Crista Grasso 30:33

I spent a lot of time with him. And with Kim throughout the week, I just so happened to be sitting with them a lot. We had gone on a cruise and I sat with them. And so I spent, I've probably spent the most time with them throughout the week than I did with anybody other than Michelle. And it was so beautiful to see it wasn't for show, right? It wasn't just standing up there saying I forgive and I'm happy now. Kim is genuinely the sweetest most joyful person I've ever met. And her husband is incredible. And he shared with me so much of the story of what things were like and how he got together with Kim and how he used to have to carry water of 24 flights of stairs in a building without power. And there was literally one window per day where they could get water, and he would bring her water. And he shared so much of that story in the implications of them defecting to Canada, and the risks that they took in doing that it wasn't like, Oh, they're just gonna take them and bring them back to Vietnam. It was like a life or death decision. It was there was so much that went into that. And I can't imagine being like, Oh, hey, honey, by the way, we're not going back. We're gonna escape now. Oh, and he's like, okay. And at first, it wasn't okay with it. But he had all of about an hour to make that decision and ultimately decided to do to do that and make a decision that would ultimately change their entire lives. And it was just so fascinating to see their story, to see how in love they are to see just how genuine, sweet, caring, joyful people that they are. And I enjoyed them so much.

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Michelle Glogovac 32:09

And it was incredible to hear, you know, so the reason that Vietnam wanted them to say was because she became the quote, unquote, poster child for, you know, war, and this is what happens. And so they wanted to keep her and she wanted to go to school, she wanted to be a doctor. So they allowed her to go to Cuba. Because, you know, Cuba, Vietnam, it's all a different kind of government that we have in the United States. And then for their honeymoon, they allowed them to honey, in Moscow. It's just it's so unreal, that this is truly what has been happening to her. And they're like, Yeah, you of course you can have freedom. You just go on over to Russia. No. And on their trip back home, they had to refuel and Newfoundland and got off the plane and that was it. Cinzia, and Canada, accepted them brought them in, you know, it's amazing. I'm so grateful for Canada and Sarah Blondin is from Canada too. So don't you know it's great. Yay, Canada.

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Crista Grasso 33:16

I love it. Okay, so that takes us through three of our speakers, but there's more to come.



Michelle Glogovac 33:25

Okay, friends not to leave you on a cliffhanger. But stay tuned to next week. To hear more about what our experience was like and to hear about Gabby Bernstein and Sir Richard Branson. Until next week, take some time to be with yourself because that is the most important part of self care.