



## SMB Q&A

### APPLYING AN ADVENTUROUS MINDSET IN LIFE AND WORK FOR ROBUST MENTAL FITNESS



Stephen McCormick 0:00

Hi, I'm Stephen McCormick. MSP Community Manager for Tubblog: The Hub for MSPs. Joining me today I have the founder of Adventurous Coaching and creator of the Mental Fitness Kitbag model. She's done a lot of things. She's been a keynote speaker and a business coach. It's Polly Brennan. Welcome, Polly. And how are you today?

Polly Brennan 0:20

I'm great. I've been really excited, and childishly excited, actually, about coming to join you today. So it's a great way to start the week. Thank you.

Stephen McCormick 0:30

Excellent well. Okay. So before we get on with the questions, why don't we start with you tell us a little bit about your background and about yourself and how you got into mental fitness coaching.

Polly Brennan 0:44

Okay, so my name is Polly Brennan. As you can tell, I'm a Glasgow girl, through and through. I live in the Northeast of England. And I love absolutely love where I live, because I can spend time in the outdoors. And and it's one of my big passions. So adventure is just such a big part of my life. I have mental, well, mental health has been part of my life for 51 years, because I'm 51. And as a human, if you have a pulse, you have mental health. So you know, I'm a human like everybody else with you know, good health, at times, not so good other times, and I've been actually privileged to be someone who's supported other people with their mental health and to help them strengthen mental fitness for... ooh to coming on for 28 years, and I really am and my career, has been working

in the NHS, as an occupational therapist for many, many years until I became a full time business owner. So when mental health has always been part of my role, and helping people, walk difficult journeys, and rehabilitate to good health its just something that means the world to me.

Stephen McCormick 2:07

Excellent. So you've had, you've had the kind of theme of mental health, then running through everything that's, that you've done to actually get to this point, which is great. So you've got that. If you've got that background, brilliant. So Okay, then I'll start with with my first question. So I need to ask you, then what is mental fitness? And what is... and why is it so important?

Polly Brennan 2:32

It's a really good question. So I suppose the first place to start as to say something about mental health. So I mentioned already, mental health is something that we all have. If you have a pulse, and you're human, you have mental health. And it's something that, bit like our physical health, our mental health can be strong and positive, it can support us to live a healthier life, our mental health can suffer, and we can face challenges to mental health and we can become mentally unwell. So I think of mental health has been like a scale. If you were to imagine that. On this scale, we could have a very poor mental health, in fact, mental illness, we can have mental health, and we can have mental fitness. Now. I often ask people like, where would you see you are on that scale? And if it was a scale of one to ten. But each of us could answer that question quite differently on any given day, because we are influenced by events, we're influenced by circumstances, we're influenced by our habits, things that happen. So any of us can slide up and down that scale of mental health at any time. And it doesn't matter who you are, and what you do: status, occupation, age, you know, any, any one of us. We all put our trouser legs on one leg at a time, we all have the potential to be at any point in the skill. And I guess mental fitness is that point where it's the workout you do. That helps you go from where you are in the scale to where you want to be. And it's, I guess, habits, practice skills that you can learn tools, tricks, techniques, things that we can all do, actually, that help us to be I guess, as mentally like, strong, mentally robust as, as we can be physically robust. So I guess we're doing mental fitness workouts and learning. Like what does that really mean for you is something that is an investment in our selves each time we make a good choice or employ a helpful strategy. We're invested in ourself. So I think mental fitness is like an investment that I guess we could say, if you know how to take care of it, you can have mental wealth, if that makes sense.

Stephen McCormick 5:05

Yeah, so a bit like, you know, if you're tempering steel, you have to kind of weaken it and harden it and it gets stronger. So I suppose that is the same with our bodies on mental health, isn't it? So that's really good. Okay...

Polly Brennan 5:25

Actually, I love that. What it reminds us is that it points where we do feel vulnerable, and we're all going to feel vulnerable, and it points in our life. And we have to remember that those, like

challenges that we face. So life, life is tough, but so are we. I think when we are faced with challenges, and we are put in hot water, it's they are the moments where our resilience gets strengthened. So that that was a really lovely analogy that you use there, such as a really, really, really purposeful analogy.

Stephen McCormick 5:57

Thank you. So we all had a bit of a blip, you know, two or three years ago when we went through the pandemic. So I think my next question for you is, what would you say, are the most significant challenges to our mental health in the post pandemic modern age?

Polly Brennan 6:18

It's such an incredible question. I've been thinking about this really, since the pandemic, because we were in it, we were frightened, because we could see it coming. And then we were in it. And we all had to do something that sort of mantra that I learned from working with military veterans, which is improvise, adapt and overcome, we had to improvise and change our world and adapt to this new Brave New World, it was like learning to dance on a shifting rug. And overcome the barriers. And I guess, it probably affected people in different ways. Because some of us were working through the pandemic, I was, I was one of them, I was working in the NHS and running a business as well. So all of us were at home isolated, and some of us thrived upon it, because of how it influenced our opportunities to just pause - the power of pause, you know, we got to stop. And some people were really ill. And it was very difficult. But still, we all probably experienced the same event, and in really different ways, because we're different in how we respond. But I would say that one of the things I think that has been really noticeable to me, and perhaps you've noticed this, too, Steve, is, I think that the digital world, and the tools that we have available, really helped us become super connectors, you know, we were able to stay sort of physically distanced but socially connected.

Stephen McCormick 8:00

Definitely. Yeah.

Polly Brennan 8:01

Really powerful. I mean, I loved the excitement of, you know, people getting together on teams, and zoom parties, and all sorts of fun stuff was happening. People found ways to do things differently. But what I do, perhaps see now is that whilst that, that digital connections really connected us, I feel like now, that we're we can be back in the world again, and we can be face to face. I think it's also built isolation that we can, we can communicate digitally. But actually, those real sitting across the table or walking side by side, face to face person to person interactions are really important. And I would say that, you know, the isolation, the connection side of things is probably been really difficult for some people. And I guess, you know, that getting out and experience and activities together is something we can't do in the same way... when we're on our tech.

SM - Definitely, I think that I saw a big difference when we were allowed to actually, you know, go out and meet face to face. When I was going to some of these, some of these industry events. It was just so nice to see people with people talking and it just felt like we'd all been let out. And you know, it was... it was really, really good to see people genuinely enjoying face to face communication, which a lot of people used to dread. It was becoming a thing that everyone was actually looking forward to. So that's really, really good. Brilliant. Freedom. That's IT. Yeah.

PB - It was amazing to do that again. And I think some people probably went from fear of missing out because then when everything stopped, nobody was missing anything. We were all just having a quiet time to fear of going out. So some people really embraced it and went, Yes, come on, let's meet, let's do stuff. I guess other people probably found that kind of leaping back into life difficult again. So, you know, as a result, I'm a really big advocate for get outside, meet up, connect, be in the outdoors or beach in whatever environments but connects, and have adventures, whatever that means to you.

SM - Yeah, I think we really embrace the outdoors again, too, because we weren't allowed to do much else we just found that we found we found that just walking around a park and seeing the actual ducks. And, you know, it was just a crazy thing to actually admit that you enjoyed but it but it was it was that thing that that really, you know, connected us to nature. Again, you know, that's really good.

PB - It did some, in some ways help people just embrace like, what I am really passionate about, which is adventurous in the ordinary, because we when you have a busy, exciting life, you don't really always notice what's just right under your nose, and things that you can do on a shoestring budget, you know, like, you can have cocoa under, you know, under a canopy you can have, you know, stargaze, you can sit by a crackling fire, you can stomp in the wilderness, and you'll get really muddy feet and rosy cheeks. You know, there was people started getting it, on bikes and families were walking. And I don't know, I think we just sort of also maybe became a bit more able to notice what was around us like the birdsong seemed to get louder for me. I could hear the, you know, the stream nearby. When I left, I could just hear everything seems a little bit more. I don't know, precious, little bit more juicy, didn't it?

SM - Definitely, yeah. Okay, so I'm gonna, I'm going to develop that because one of my questions I was gonna ask you was you just you describe yourself, as an ambassador of micro-adventuring? I'm quite partial to a bit of adventure myself. You would, you'd probably describe yourself as an out as an outdoors type then, Polly. So how can adventures improve our mental well being?

PB - I love that question. Well, the first thing I would say is, I love outdoor adventures. I like to be on the move. I like being really physically active. So my adventures are going to be in the ocean, and a surfboard on a bike. And on in my run, shoes, that sort of thing. Yeah. However, you know, I'm not suggesting that everybody should do what I like to do. The question really asked people is what does adventure mean to you? Because it means something different to each of us. And our mission is just

to discover what it would feel like and well, what it would also look like to be doing something that felt adventurous. And it can be as simple as just trying something that you've never done before, having just having the guts to try something new. Because we do get, you know, I get scared sometimes about new things. And I think we all do, and it's easy to put off doing things or trying things, or going to join that group or meet those people, or get in the pool. It's easy to get frightened or wobbly. But you know, adventures for some people might be being really creative. It might be like, making things with your hands. I think about learning and embracing new knowledge, discovering new things, it could be been in different environments. So I kind of see that like adventures, that could be a health adventure, if you wanted to get fit and healthy and take care of your body. If you wanted to sort of take a new career route, you could have a career adventure, relationships, parenting, I guess everything that we do can be adventurous or perhaps it's just about taking an adventurous approach. And that's what's beautiful about it is that we get to define it for each of our selves.

SM - So it's, it's about really putting a mindset to the things that you're trying to do then isn't it really, I think that's great, because I think that that really helps you to kind of see something as a as a quest as as a thing to as a as a thing to pursue to reach a goal. And I think that's that. That's great to actually make that into an adventure. I think that's I think that's wonderful. Brilliant. Okay, then So, I can see behind you, you have your famous red kitbag there, and I want to ask about that then. Now so I've seen IT all over your marketing so that it's the mental fitness kit bag model which you have pi...which you have pioneered, can you tell us a little bit about that and and what that entails

PB - So here's my kitbag is nothing simpler. It's nothing more complicated than it's a kit bag. And it's got things in it. And I guess you know, I am because as you know, I'm in the outdoors, doing stuff. I've always got a backpack, I've got my kit bag for everything I do in life. But I guess the life we we also have... its a metaphor, isn't it? So we we all have a metaphorical kitbag. Because we all have strategies that we use things that help us. And if you imagine, I suppose we use, we hear people talk about like life, you know, the metaphor of like life as a journey. So if life was our journey, we would take things along the way with us to help us to have things to sustain us, you know, physically and nutritionally, we would have tools and tricks for emergencies. And we would have, you know, ways to reach out and get help. So I think the kitbag to me is a way to say, for your mental health, you know, you you've got a kit bag, what's in it. And the thing, the first thing I teach people about mental fitness is that you already have it, if you survive this long in your life is not a coincidence. And so I wouldn't come along to someone's life and tell them how to, you know, do what they already know how to do, we all have it. And so kind of like, you know, we've got first aid kit, if you know, we tend to try and think about how to protect ourselves, don't we in life. So you know, I've got my metaphorical mental fitness for this first aid kit, because of our software engineer, I want to be able to recover quickly. And I've got my, let's see what else is in here. I've got my whistle. I'm not going to blow it because it's loud. You know in the way sometimes you have to sort of blow the whistle, rally the team, and sometimes... in life. So I'm really big on the idea that you know, it's really important, our connections, who we're connected to, having the right people around us, knowing who they are, how they help, making sure we briefed them well, because we would do that in a team, wouldn't we make sure everybody's briefed well about their role and how they make a difference? And rally them in? I don't know if you can see behind, but I've got my mental fitness buddy box here. Oh, yeah. Yeah. Thinking about like learning the skills to ask for help. And learning, you know, learning how to sort of reach out for help, how to ask for the help we need. And it's something that we all have to

learn really well how to do with the people around us. So it was developed this for some children I was working with in a primary school, so they have wee box in their classes, and they're learning the art of reaching out and asking for support from each other. But the idea of the kitbag is, I guess I've got my adventure map. So if we thought about life as our adventure we need, we need the route map. And this map that you can see here is actually the map. And the milestones on the map are milestones that I take people on in an online adventure map coaching adventure. So it's an online mental fitness programme that I run. So we've got the we've got the adventure map. And I guess this is a bit like, her journey in life as well, isn't it?

SM - Of course. Yeah. I mean, I've got mine here. On the wall, it's all all places I intend to go when I can go over to the, to the United States. So that's always there to remind me why we do the things that we do. We need to also reward ourselves, you know, especially if it if it's good for our, for our mental health and for our souls, you know, so yeah, brilliant. Okay, then. So I'm going to ask you now, for your top three tips for mental fitness, if that's okay, Polly. So are your top three?

PB - It's Hard because they're all... are all important. So let me think the theme I'm going to share with you today, the first one I'm going to mention his mindset and it's something that you mentioned. And the idea about the mind... you know, the approach that we take, being able to sort of cultivate positive mindset. And a positive mental attitude is really, really important. And something I love to remind people is that we can actually choose the mindset that we have, and it's like the lens through which we see the world. So it influences the story we tell ourself. It influences what we believe to be possible, and often influences our actions as well. So sometimes, sometimes we have to clear the clutter in our mind a little bit so that we can get rid of any kind of messages or stories that are holding us back from having the mindset that will really help. I was coaching a business owner recently, and the conversation was about whether I can make this work. So they were kind of fearful about their business. And we were reframing it to how can we make this a success? How can this business succeed? How will you kick up some dust this year for your business? And so once you start to shift your mindset, you can shift yourself into action mode. Yeah, so I used to say to people, we've got to clear the clutter of our mind and get rid of the doubts, the worries, or even just watching the language we're using and work out whether it's fueling our mindset. And that we have to remember to tell the unhelpful stuff to take a hike. Yeah, one of the things that I sometimes do, we have the chuck-it bucket. And sometimes we've got to really work out what is in our mind, that's going to really strengthen our mindset, and what is going to hold us back. And sometimes we have to kind of like get that stuff out of her head and scrunch it up and just really just chuck it, so that we can keep our mindset focused. So there's number one. And the second thing I would suggest, I guess, we've talked a bit about the team. So like more than ever, it's really, really important for us to assemble the right people. So we talked about that very briefly. And it's important to make sure that we remember that we are the sum of the people around us, and they will influence how we how we go about our life. So we have to choose wisely. And remember that at any point we can fire, retire, and rehire. So it's really a really good idea to just remember that to make sure all the time that we just check in with the core of our team, and that we're connected to the people that are cheering us on that believe in us. And the people that will, the people that will call us, when we need to be told the truth, people that will give us honest feedback. We don't want an echo chamber, we want people that will tell us not what we want to hear. But we need to hear people that have just got our best interests at heart, because these people will help us be our best. So I think that's definitely my second tip around mental fitness. And for the third one, I have to go back to adventure. I can't not

think and be embracing adventure can really help us live life. Erm... impactfully I think it can help us live live a really juicy life. And I think it can also help with how we problem solve, it can help with how we overcome obstacles, and build resilience, I sometimes have to walk away from a problem and in my business and take time out. Sometimes I feel like I'm too busy to go have fun, and do things for me. But I promise you, if I take that step back out, and just take the power of the pause, you know, enjoy the elements get back to basics. I become much more personally effective and professionally successful when I get back to work. So I guess it's about remembering to be an out of office driver, as well as working really, really hard on our businesses.

SM - Definitely, yeah, well, those were brilliant. You know, I think that's, that's gonna give all of us a lot to actually think on. But I think that having that pop, having that positivity mindset is is extremely important and very helpful, especially if you've got a lot to actually think about and to manage. Wonderful. I am fascinated by marketing at the moment, Polly, especially video marketing, which has just been growing exponentially as a medium. How do you approach marketing for yourself? And how.. do you have any tips for anybody who might be struggling to market themselves in front of the camera?

PB - Well, creating vlogs has been my go-to, really since I started running my business for no other reason other than it's just felt most natural to me to see my words that it has to try and get them on paper. I tend to be someone that can go around in circles when it comes to copy editing before I've just even had the chance to splurge good ideas But when it comes to speaking my words, I find myself able to articulate myself better. But to do that, there's, there's some tips and strategies that I've, I suppose I've learned myself. And then I've been able to use them to help clients. So I coached a client who was preparing for her TEDx Presentation. Obviously, she was going to be a TEDx speaker. And she was really very, very nervous about that. And I was able to, to coach her around the mindset aspect of speaking and being in front of the camera, but, but most importantly, I got behind the camera and took some vlogs of her helps her see yourself and sort of give her the confidence really just to speak in front of camera. And it's, I think it's something that you have to do to get feel better about rather than wait, do you feel good to do it?

SM - Yeah, I think if... I think the more you do it, the more you become comfortable with it. I think that's, I think that is true. Yeah, definitely.

PB - ...ever, I was challenged by Andrew and Pete, to start creating blogs and put them on YouTube. But they challenged me to go and do I think it was maybe like a Facebook Live. So I did it. I went on Facebook and started to speak. And then just once I started to see people pop up and join me, I got such a fright, I just aborted. Because I just let it just like cut it off right away in certain. And feeling really shocked, almost like shocked that I had even done it and even more shocked that I'd actually like, jumped out of it. Before I'd finished it. And I did bump into someone in the street the next day. And I knew she'd been on it. And it was like, I didn't mention it. And I was kind of embarrassed about it. So I think for me, I discovered that I'm more comfortable if I can, if I can pre-record something, than record live, for some reason that works better. For other people just having to get out there in the moment and shoot from the hip really works. What I certainly found helpful from a mindset

perspective is... well, obviously, it does help to be prepared and know what you want to see. And what your point is. I'm someone who uses lots of words, you might have noticed. And a really succinct message can be quite tricky. And it certainly is for me. I think that it's, it's quite, it's really important, obviously environment and you know, you want to be somewhere where there's lighting. And you obviously there's ways to make it easier in the tech aspect of that. I have no knowledge and my, probably my vlogs are very amateurish, but I've decided to, I think from the start was to get out there and do it and, you know, be comfortable that I would look back and be really uncomfortable with the quality somewhere down the line because it would be shockingly amateurish, but then I would know what made progress. And I think that it's better to be visible and out there seeing something than waiting to perfect it. Or if you just don't know what you're doing hire someone, there's people that are really, really good at it. Like we you know, we've got Mark Orr haven't we? And he's...

SM - Yeah he's wonderful. Yeah. Really Good.

PB - So like, we just need, you know, the Mark Orr's of the world to come and do that for us. And I think for me, the thing that really helped me just to speak and use blog blogs to market was the belief that that the people, I would imagine that I was maybe speaking to someone that knew me, well who who liked my work or was a fan or a friend. And I would always assume that no matter what I've got, I've got information or knowledge or a message to share that might help someone so get over yourself, get out there, someone might need to hear it. And thirdly, the, and this goes for a number of different presentations or, or just the invisible is just to assume that people will forgive you for being human and not being perfect. And it's a good attitude. It's a good mindset for life. You know, live and just go for healthy strive and rather than perfection, do your best show up. We're messy humans we get things wrong, it's okay. But certainly it is a good idea to just do it and get more confident as you're doing do it rather than waiting for it to feel really really good before then you're you know, you know you're ready. But that was for all aspects of market and I think it's better to be out there writing posts, or even just interacting with other people's posts. So vlogging however, however people choose to do it is just really important to remember those things. You've got something people need, share, share your message, interact with other people. And, and and see what happens along the way, just let let it surprise you and see what comes from your efforts to be visible.

SM - Yeah, I think the important thing is to connect, isn't it? And I think that video is the best way to to, to actually do that. Because, you know, people want you to people generally want you to succeed, you know, nobody wants to see you corpse or fail or do anything wrong. You know, people genuinely want you to do well at what you're doing. So you just have to think of that mindset and people want to hear your passion, not your polish.

PB - Love that! I'm gonna remember that.



SM - Yes. So those are my tips for you. A complete novice at this yet, so hopefully, I'll have a lot more in the future. Right. I'm gonna move on to Question seven now, because I think this one, I, I like asking this question. When you set up in business, it can be a difficult journey to tackle by, by yourself. So I want to ask you, who has inspired you the most on your entrepreneurial journey? Who, who's been the who has been the kind of the kind of model perhaps, that you've kind of aspired to when you've started out? What's who's been those... Or who have been those people that have that have really helped you Focus on achieving?

PB - Okay, so right, this is this isn't? This isn't a quick answer, because I don't know how other people would answer this. My inspirations haven't been the, you know, people that are experts in their field, you know, the people who are at the top of the game, it's been, the people that have inspired me are kind of everyday heroes, they're the people that are me and in the Northeast of England, that are in business and who've inspired me because of either their generosity to share skills, and their desire to kind of bring me along in the journey. So like, feel when you feel like you're the slow girl in the fast run group at the Run Club, but people are stopping and waiting for you. And they really want you to do well and they're cheering you on. And people that are absolutely outstanding at what they do in business, people that are prepared to be really human. Whilst being really successful, they're prepared to share parts of themselves around their own vulnerability. Um, people are just super, super creative at what they do. And they get so excited. They want to share that with us. So I've got a few there's a few people in mind, but they're, in my mind their everyday heroes. So I've got Paul Scurrah from That Branding for me, is just so fun to work with, but just I've just learned so much from him and the generosity of sharing his expertise. And Ashleigh King from Flamingo Heights is my total absolute hero, total fan girling. Love her, the work and just how incredible she is connecting people in business and really inspiring other business owners in the Northeast. Richard Tubb, um for me is...

SM - Who? Oh, yeah, and I know him. Yeah,

PB - This guy appeared a little bit about. Who just again, it's that like generosity and reaching out to other people who are, you know, maybe further behind on their entrepreneurial journey to ask how we can support and help. And Ann English whose business is Create Intrigue. She's a visual communicator, is she has really inspired a lot of my development of my coaching model has been inspired by her creativity. She takes ideas, she pulls all your great ideas out of your mind, and then helps you breathe life into them. It's magic. She's like an alchemist. And Sarah Seed is a woman's mindset coach that just, it's just out there doing a really amazing, incredible work with women in the Northeast. And other creative business I'm really inspired by Kim McDermattroe, she's... her businesses called Greener LaVelle and she is extraordinary and has such a multi range of skills in terms of creating beautiful big puppets and designs for exhibits for festivals, costumes, she does loads of work around advocacy for people in business with autism, and so much more I can't even begin to see but she does beautiful work creating characters. Incredible. And again, these are all people that they've inspired me because because they taught me things about business. And they taught me how to take care of myself and business. And they just brought me along with what side by side and brought me forward in my journey. So 100% everyday heroes, and there's loads of other

people around, and I'm sure for you too - people around you every day that just blow your mind by their skill and their generosity.

SM - absolutely the fact that they can do what what they do, but also have time for for you and actually help you understand and help you come on that journey with them. It is wonderful that the the whole of the the whole of the group of people that I've met have been absolutely, so kind, so generous with their time. I can't remember who's who said it now. But I met this person at at one of the CompTIA events, and he said great leaders make other leaders. And I think that that kind of thing. And it's the same for for entrepreneurial specialists as as well, they, they help others, you know, reach their potential, you know, and I think that's, that's very important for us to always think about paying it forward. And I think that's a wonderful mindset to have, because you'll never be short of friends when you need help. You know, so I think that's wonderful.

PB - And it's that lovely, unspoken, pay it forward, which means that I can be I've now got the resources to pay that forward for someone else who might be farther behind me on the journey or, or needs certain help with this particular thing. Because I've had that gifted to me. So it creates this sort of chain of positivity and community and giving. And that's why it's really special, isn't it?

SM - That's it. Yeah, yeah.

PB - And leader leaders to me are people that see the potential and others and are prepared to nurture that and develop it. And so I guess there's just so much of that call around and our entrepreneurial communities aren't there?

SM - There certainly are. It's in abundance. For sure. Right. We're coming to the end of our time unfortunately, Polly, but I've just got one last question to ask you. What's next for you in 2023? Is there anything that we should keep our eyes open for? Or are there any events that you're looking to attend? What's going to be happening?

PB - Oh, adventures for Adventures Coaching. Great question erm things that I guess where I'm getting excited at the moment is about some of the events and things that I'm delivering. So I'm about to launch the spring 2023 adventure map. That's my online programme. That's going to be launching next week. And it's 12-week programme. So this little adventure map here that I showed you is a little sneak preview into the journey over 12 weeks. And the idea is to help people at the end of it have practice skills in different areas of mental fitness so they can pack their mental fitness, kitbag reliefs adventure because we all need it. I've got some I've got some workshops, mental fitness workshops, I'll be delivering to teams in the Northeast. So I'm excited about that. And I'll be launching adventure days, which is adventure coaching days for teams. And I'm excited because I'm doing a reccy around the Northeast for all the potential venues that we could have outdoor adventures while we pop up the real resilience tank. So there's kind of three things are all happening

soon. And they're whetting my appetite for adventure because we're here for good time. Not for a long time. So we can get up, out of bed and enjoy our work then it has to be done.

SM - Absolutely. Yes. Brilliant. So to find out more about that stuff they can they can get that on your website, [www.adventurescoaching.com](http://www.adventurescoaching.com)

PB - Absolutely. So I'm launching the pages for my new services are just in the middle of being tweaked. So they'll be popping up on my website. But LinkedIn is probably the best where you place where you can see most of what's going on. I'm also on Facebook, Twitter, Instagram, and all those other places too. And if anybody wants to just get in touch just to have a chat about mental fitness, adventures, just email me because I love it when people get in touch [Polly@adventurouscoaching.com](mailto:Polly@adventurouscoaching.com).

SM - That's brilliant. We will add all of these links into the show notes, which we'll put below the video we'll also mention that Polly's YouTube channel will be on there too. And you can catch up with some of her videos there. So that's all I need to say, except for the fact that anything else that we have mentioned during this interview will also appear in the show notes. It just leaves me to thank my guest, Polly Brennan, thank you for a wonderful interview. And I wish you all the best for 2023!

PB - I do to you as well. And just a big thanks to you for inviting me and to anybody listening for taking the time to sit and listen in. Thank you so much.

SM - Thank you. Well, that was Polly Brennan of Adventures Coaching and I've been Stephen McCormick for Tubblog: The Hub for MSPs. Please like and subscribe if you liked this video, and we'll see you next time.