

What would it mean to invest in you the same way that you give to your children? Dr. Tracy Dalglish

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SUMMARY

Dr. Shefali and Tracy discuss the upcoming Evolve Summit, emphasizing the importance of self-care for parents and caregivers. They highlight how the event will provide tools for personal growth, connection, and support among women, encouraging attendees to prioritize their well-being.

- *Evolve Summit focuses on personal growth and connection for parents and caregivers.*
- *The event aims to help participants dissolve dysfunctional patterns and show up as their best selves.*
- *Attendees will learn to prioritize self-care and replenish their energy, which is often neglected.*
- *Dr. Shefali emphasizes the importance of taking time for oneself every few months to avoid burnout.*
- *The summit will feature inspiring speakers and foster a supportive community among participants.*
- *Tracy shares her personal journey of overcoming guilt associated with taking time for herself.*
- *The event is open to individuals from various locations, encouraging a diverse group to attend.*
- *Participants will leave with renewed energy and insights to enhance their personal and professional lives.*

hello hello Tracy hi Dr safeli nice to see you again how are you today same here I'm so happy to be here with you me too oh so before we get started the last time we sat together was on the podcast and I've heard from so many people that the message you had said in that episode just resonated so deeply in terms of what it means to show up as a parent how we show up wanting to control our

children when they're having tantrums and melting down it was powerful oh I'm so happy I'm so happy to hear that it served your audience and thank you for inviting me for a live here I know that uh Tracy is going to come for my annual Summit in three days I'm so excited I get to see you in person you're going to come to Atlanta so we wanted to share that with your audience and invite them if they want to meet Tracy and me come

on to Atlanta this weekend for my annual Summit called eval I'm so excited I'm going to see you Tracy oh I'm so excited I absolutely can't wait I've never been to Atlanta so I'm looking forward to spending the weekend there and with you and with everybody at evolve can you just tell us a little bit about what's going to happen at evolve D sure so what's going to happen is the unexpected but as much as I can predict

what's going to happen is that it's a room filled with hundreds of people like you and me who want to connect more deeply in this lifetime who want to show up as the best parents we can and the best Partners we can and learn the tools and strategies to uh dissolve dysfunctional patterns and to show up as the best version of

ourselves you and I and the hundreds of others in the room are seeking a more actualized way of

living and that's what evolve is going to be about it's three days of really a journey that we're going to take together um there's going to be me mostly on stage I have a few amazing guest speakers we are going to connect with each other try to understand how we've been limiting ourselves and how to break free from that and so yeah it's are you staying on Monday day is a meditation day I have to jump back come back with

the kids but I I can tell you that something that really stands out for me right there already is as a practitioner I work with people all day long working through the things that show up for them but I'm also human and I know that we're going to just break open some of that stuff like my perfectionism is noisy she's a noisy part especially as I've been writing my book and so I know the work you're gonna it's gonna offer

it's just yeah yeah you just remind uh you know us moms who are always working and then those of us who have an extra job or they're studying or taking a program or a course that we need to give ourselves the time to receive and that's why I thought of you and at all my other psychologists friends because we never take the time for ourselves so I wanted you to have the weekend where you just sit in the audience and receive and we

support each other and that's what weekends like this are about where women mostly women support each other and give ourselves the permission to receive and to replenish ourselves because we're so busy being moms and so busy being you know everything to everyone that we forget being everything to ourselves so evolve is about ourselves replenishing ourselves so when we leave we leave more more amazing and because we haven't connected in person this one is going to be a really special one I think oh I

think so too I I am thrilled and uh you you touch on such a key piece there around what it means to be a caregiver what it means to be a woman looking after others needs and something my husband had said to me recently was it's okay if you are taking this time for you and giving yourself that permission for once to look after you and that others if they can't see it they're not ready to see it yet but how

important it is for you to tap into that and it also demonstrating it to my children my son for him to learn what it means that your mother a woman is going to go look after herself and then for my daughter to model it sure and you know our kids May Guilt Trip us a little bit like oh you're leaving you don't love me somebody told me that her daughter said oh you love Dr shafari more and so our

children know how to press those guilty buttons but we need to tell them that I don't love Dr shafali more I love myself as much as I love you and it's time to go and feed myself and this is something like the most important thing besides seeing a therapist or a coach is to go for self-growth classes or courses or weekends like this and take the time out at least once every three months where you get to focus on you and we don't

even do it once a year leave alone once every three months right when is the last time you took time for yourself Tracy actually um April okay it's not too bad I did I did do an overnight in September but it was business related

so it was there but it and I hear you I'm so glad you say that to really normalize the every three months it's once a quarter I can always feel for myself when I'm getting up to

that point if I need to fill up my bucket I'm shorter with my kids I'm more irritable with my partner um my body likes to give a lot of messages where I feel light-headed or dizzy or right shortness of breath and it's like take the time take the time yeah just the irritability Factor where you're like can my children go live somewhere else or get my partner go to another country for a weekend but it's actually we who need to go it's us who

needs to go so you know as I'm preparing for evolve there's a part of me that goes why am I doing this like it's so much work right but it's it's so rewarding it is so rewarding because I'm going to fill my cup too because you're gonna come people who I love are going to come who inspire me are going to come I get the energy and that energy is going to be infectious and contagious so

it is work it's worked for you to buy a ticket to catch a flight to take the time to leave your children make a plan get babysitting need to do this and that but then when it all comes together it's going to be amazing I mean people are buying tickets today so it's in three days it's on this weekend starting Friday the 21st if you are on the fence if you're somebody who wants a better life who wants to show up better but

just doesn't know how you know this is the weekend come for it take a leap take a risk take a loan it's worth it I have no compunction telling people yeah take a loan it's okay why because I know that this is what they need to catapult themselves to another level right this is what's stopping them because they don't know how to manifest deeper abundance for themselves and I'm going to teach them how and you're going to

meet inspirational women like Tracy there so I cannot wait if you're on the fence if you want to be a better partner parent friend businesswoman come to evolve I'm so glad I'm going to see you there Tracy me too I am so excited and I'm just looking at all of the comments and it looks like so many people are going to be there I can't wait to see everybody in person and to experience this it is what a powerful and I hear

you it is your work and energy too but just how much you get from being in that space so this weekend it'll fuel us you know and we don't we don't know it's missing till you're there and then you're like oh my god I didn't even know this is possible I didn't even know this is a potential so it is so worth it to be around other people and connect in deep presence in real time with me and other

women like Tracy that it'll just Elevate you open you up in no ways that you could imagine so it's in Atlanta if you are in this part of the world there's no excuse I have people coming from Singapore Thailand Poland India Dubai Abu Dhabi Europe no excuse so Tracy's coming from Toronto Tracy Yeah Yeah from Ottawa I'm in Ottawa this weekend Ottawa she can make the trip you can make the trip she decided yes yesterday it was

just last week I decided just last week yep I texted my husband I said I need to do this I'm going to do this for me for our family because I know when I put this into myself I am a better clinician mother partner oh my goodness

yes you are going to leave better and Tracy maybe you'll Chronicle a little bit of your journey and post for your people so you can share it share with them absolutely but

um yeah go ahead if someone I I know what the experience is it's the I'm on this line I have guilt do I stay or do I go what is what what could you offer to that person who is feeling that guilt right now yeah staying is more of staying it's more of the same it's more of what you're doing and if you don't have money say or you don't have resources or don't have help it's going to be more of that

coming will take you a little bit lower in that resource in that pool so you may have even less money less resources less energy but coming will fill it 10 times more and you'll come back with ideas that you didn't have before so I always say what are you going to lose by coming just a little bit more of the same right just a little bit more of the same and same never works for anybody we all need

inspiration you know Tracy I don't know whether you find this but with clients like sometimes you finish your client session and you're just rejuvenated because the client inspired in you so much growth just every day every day yeah right yeah and then sometimes you work with teams or like you and I will talk and we'll be inspired just by that one conversation and most of us have just been isolated it in our bubbles especially these last two years we don't

realize how much we have decreased and not replenished on a daily basis as we should be doing so this is this is what it's about so somebody's asking what are the details go to Dr shafali.com Dr that's my name Dr s-h-e-f-a-l-i.com and go click it go to evolve evolve is a summit Tracy is going to be there I'm holding it it is going to really be epic and change your life and transform everything that you were

doing before you came to evolve and you can all use elevation all of us I'm going to put in my stories so people can find it in my stories I'll put the link there thank you so much for just popping on and talking about this and I get to share it with my community here as well so that they can come with me on a journey and I'm I can't wait to see you on Friday I cannot wait either thank

you guys hope to see some of you there bye please see you Friday bye see you soon